

White Chili

Yield 10 servings

Ingredients

4 cups	white beans (cooked, see recipe)
1 tablespoon	olive oil
2	red pepper (chopped)
1	onion (large, chopped)
1	chopped green chili (can adjust to taste)
3	garlic (cloves, minced)
1 tablespoon	chili powder
1 teaspoon	cumin
1 teaspoon	oregano
2 cups	chicken broth (low sodium)
2 cups	low-fat milk
1/4 cup	cilantro
3/4 pounds	chicken (cooked and cubed)
6	corn tortillas (toasted and cut into 1 inch squares)

Nutrition Facts

Serving Size 1/10 recipe (279g)	
Servings Per Container 10	
Amount Per Serving	
Calories 210	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 150mg	6%
Total Carbohydrate 25g	8%
Dietary Fiber 5g	20%
Sugars 5g	
Protein 18g	
Vitamin A 20%	• Vitamin C 60%
Calcium 10%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

1. Sauté peppers and onion in olive oil.
2. Add green chili, garlic, spices and chicken broth. Simmer for 20 minutes.
3. Add milk, cooked beans, and cooked chicken. Allow to thicken before adding cilantro. Heat through.
4. Top chili with crisp tortillas before serving.

Cost

Per recipe: \$9.77

Per serving: \$0.97

Source

Washington State WIC Program, [The Bold and Beautiful Book of Bean Recipes](#)