



Easy White Chicken Chili

Ingredients

- 1 pound lean ground chicken
 - 1 medium onion, chopped
 - 2 cans (15 ounces each) cannellini beans, rinsed and drained
 - 1 can (4 ounces) chopped green chilies
 - 1 teaspoon ground cumin
 - 1/2 teaspoon dried oregano
 - 1/4 teaspoon pepper
 - 1 can (14-1/2 ounces) reduced-sodium chicken broth
 - Optional toppings: reduced-fat sour cream, shredded cheddar cheese and chopped fresh cilantro
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Directions

- In a large saucepan, cook chicken and onion over medium-high heat 6-8 minutes or until chicken is no longer pink, breaking up chicken into crumbles.
- Pour one can of beans in a small bowl; mash slightly. Stir mashed beans, remaining can of beans, chilies, seasonings and broth into chicken mixture; bring to a boil. Reduce heat; simmer, covered, until flavors are

blended, 12-15 minutes. Serve with toppings as desired. Freeze option: Freeze cooled chili in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally and adding a little broth if necessary.

Nutrition Facts

1 cup: 228 calories, 5g fat (1g saturated fat), 54mg cholesterol, 504mg sodium, 23g carbohydrate (1g sugars, 6g fiber), 22g protein. **Diabetic Exchanges:** 3 lean meat, 1-1/2 starch.