

# **Chicken and White Bean Chili**

Courtesy of Carole's Creations

Prep Time: 8 minutes

Cooking Time: 1 hour 15 minutes

Serves: 8 – 10 servings

**CChints:** You can use any white bean you like, maybe a Northern, white kidney bean or even blackeye peas. When you are at the store just look at all the beans that are white and select two.



- 1 tablespoon olive oil
- 1 pound boneless, skinless chicken breasts or thighs
- 1/2 teaspoon salt and a dash of pepper
- 1 medium yellow onion, chopped
- 2 teaspoons garlic, fresh or from a jar
- 1 can Northern beans, rinsed and drained
- 1 can Cannellini, white kidney beans, rinsed and drained
- 14 ounce can diced tomatoes
- 1 teaspoon dried thyme
- 2 Tablespoons Carole's Seasoning blend (see below)
- 49 ounce can low-sodium, reduced fat chicken broth
- Salt and pepper to taste

Heat the oil in a 6 quart soup pot or dutch oven over medium high heat. Cut chicken into bite-size pieces, add it to the pot and sprinkle with salt and pepper. Wash your hands, utensils and cutting surface that touched the raw chicken. Stir the chicken and cook for 8 minutes. During this time, cut the onion and prepare your beans. After the 8 minutes add the rest of the ingredients and stir to blend the flavors.

Let it come to a boil, cover and reduce heat to simmer for 1 hour. Serve with saltines and pickles or tortilla chips.

## **Carole's Seasoning Blend – makes 1/3 cup**

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|--|----------------------------|
| 1 Tablespoon + 1 teaspoon smoked paprika | 1 Tablespoon salt          |
| 2 teaspoons chili powder                 | 1 teaspoon black pepper    |
| 1 teaspoon cumin                         | 1 Tablespoon garlic powder |
| 1 Tablespoon onion powder                | 1 teaspoon dried thyme     |
| 1 Tablespoon dried oregano               | 1 teaspoon dried basil     |

Combine all ingredients thoroughly and store in an airtight jar or container in a dark location. Herbs will last long in a dark area. You can use this in a variety of recipes, like soups.