

WHITE CHICKEN CHILI

10 cups

1 cup = 128 calories; 11g CHO; 4g FAT; 12g PRO; 3g fiber

1 tablespoon extra-virgin olive oil
1 large onion, chopped
1 red or green pepper, chopped
2 garlic cloves, minced
1 15-ounce can white beans, rinsed and drained
3 cups chicken broth, divided
2 cups cooked chicken breast, cubed
1 14.5-ounce can Italian stewed tomatoes
2 teaspoons chili powder
1 teaspoon cumin
1 teaspoon dried oregano
sea salt and freshly ground black pepper, to taste
1 ounce (1/4 cup) reduced-fat cheese, shredded (optional)

In large skillet, heat olive oil over medium-high heat and sauté onion, pepper, and garlic for 3–5 minutes. Meanwhile, put 1 cup of beans and 1 1/2 cups chicken broth in blender, and blend until smooth. Add all the beans, chicken, remaining broth, and seasonings to skillet. Simmer for 15 minutes. Serve in bowls, each sprinkled with 1 tablespoon reduced-fat shredded cheese. (Best if made ahead and allowed to steep; freezes well.)