

White Chicken Chili

~ Nalini Goordial, Kitchen Wizardry
www.quabbinfoodconnector.org/recipes/white-chicken-chili/

What You Need

2 14-1/2 ounces cans great northern beans
1 tablespoon olive oil
1 medium onion, chopped
2 garlic cloves, minced
1 pound boneless skinless chicken breasts, cut into bite size pieces
2 teaspoons ground cumin
½ cup chopped green chiles
2 teaspoons dried oregano
1/2 teaspoon cayenne pepper
3 ½ cups chicken broth
1 cup shredded Monterey Jack cheese
Sliced avocados (optional)

How the Alchemy Happens

Drain and rinse the canned white beans. In a medium bowl, mash half of the beans with a potato masher until chunky. Reserve the beans until needed.

Add the oil to a large Dutch oven and heat it over medium-high heat. Add the onions and saute until soft and translucent, about 3 minutes. Add garlic and continue cooking for about a minute until the raw smell disappears.

Add the chicken and cook until lightly brown, about 5 minutes.

Add the cumin, green chilis, oregano, and cayenne powder and continue to saute for 1 more minute to toast the spices.

Stir in the chicken stock and bring to a simmer. Add the beans and continue to simmer for 20 more minutes.

After 20 minutes of simmering, taste for seasoning, and adjust if necessary. Serve the chili in individual bowls topped with cheese and avocado slices.