

Recipe of the Month – January 2022

White Chili

Serves 5

Serving Size: 1½ cups

Cost per Serving: \$2.13

Ingredients:

- 1 whole boneless, skinless chicken breast
(2 breast halves), cubed
- 1 cup onion, diced
- 4 cups reduced sodium chicken broth
- 2 cans (15 oz. each) white beans (drained and rinsed) (cannellini, great northern)
- 2 cans (4 oz. each) diced green chiles
- 1 ½ cups frozen corn
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano



Directions:

1. Spray a large saucepan with nonstick cooking spray. Heat the saucepan over medium high heat. Add cubed chicken and diced onion. Cook and stir for 5 minutes.
2. Add chicken broth, white beans, diced green chiles, frozen corn, garlic powder, ground cumin, and oregano to the saucepan. Heat until boiling. Reduce heat to medium.
3. Cook until chicken is cooked to 165°F (about 15-20 minutes). Stir occasionally while cooking.
4. Use a potato masher to slightly mash beans to thicken the chili, if desired.

Tips:

- Serve with shredded cheese, sour cream or plain yogurt, or chopped vegetables (avocado, peppers, onions)

Nutrition Facts per Serving: 350 calories, 3.5g total Fat (1g sat. fat), 55mg Cholesterol, 600mg Sodium, 51g Carbohydrates, 11g Fiber, 5g Sugar, 32g Protein

*Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2022 Nutrition & Fitness Calendar*



THE OHIO STATE UNIVERSITY

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