

Southwest White Chicken Chili

Cooking Light

Servings: 6

Preparation Time: 10 minutes

Start to Finish Time: 20 minutes

1 tablespoon vegetable oil
4 skinless/boneless chicken breast, cut into cubes
4 teaspoons chili powder
2 teaspoons ground cumin
1 large onion, chopped
1 medium (about 3/4 cup) green pepper, chopped
1 can (10 3/4 oz) Ccondensed cream of chicken soup
3/4 cup water
1 1/2 cups frozen whole kernel corn
2 cans (15 oz) white kidney beans (cannellini), rinsed and drained
2 tablespoons Cheddar cheese, shredded

Heat oil in 4-quart saucepan over medium-high heat. Add chicken, chili powder, cumin, onion and pepper and cook until chicken is cooked through and vegetables are tender, stirring often.

Stir soup, water, corn and beans in a saucepan and heat to a boil. Reduce heat to low.

Cover and cook 5 minutes, stirring occasionally.

Sprinkle with cheese.

Per Serving (excluding unknown items): 86 Calories; 4g Fat (36.4% calories from fat); 3g Protein; 13g Carbohydrate; 2g Dietary Fiber; 2mg Cholesterol; 36mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat.