
White Lightning Chicken Chili

The Essential Southern Living Cookbook

Servings: 8

Start to Finish Time: 30 minutes

1 large sweet onion, diced
2 cloves garlic, minced
2 tablespoons olive oil
4 cups cooked chicken, shredded
2 cans (14 ounce ea) chicken broth
2 cans (4.5 ounce ea) chopped green chilies
1 package (1.25 ounce) white chicken chili seasoning mix
3 cans (16 ounce) navy beans
Avocado Mango Salsa (see recipe under "salsa/ salsa")
sour cream (for topping)
shredded Monterey Jack cheese (for topping)
fresh cilantro leaves (for topping)

In a large Dutch oven over medium-high heat, cook the onion and garlic in hot oil, stirring often, until the onion is tender, about 5 minutes. Stir in the chicken, broth, green chilies and chili seasoning mix. Add two cans of navy beans. Coarsely mash the remaining can of navy beans and stir into the chicken mixture.

Bring to a boil, stirring often. Cover. Reduce the heat to medium-low and simmer, stirring occasionally, for 10 minutes.

Serve with the Avocado Mango Salsa and desired toppings.

Soup, Stew and Chili

Per Serving (excluding unknown items): 428 Calories; 8g Fat (16.6% calories from fat); 40g Protein; 49g Carbohydrate; 19g Dietary Fiber; 60mg Cholesterol; 256mg Sodium. Exchanges: 3 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.