

# White Chicken Chili

## Ingredients

### Makes 17 cups.

- 1 tablespoon vegetable oil
- 2 small onions, chopped
- 3 cloves garlic, crushed
- 1 (4 ounce) can diced jalapeno peppers
- 1 (4 ounce) can chopped green chile peppers
- 3-4 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon ground cayenne pepper
- 1 32oz box of 33% less sodium chicken broth
- 4-5 cups chopped cooked chicken breast (I used 3 large Members Mark chicken breasts from SAM's Club)
- 5 (15 ounce) cans white beans (separated)
- 1 (29 ounce) can of corn

## Directions

1. Heat the oil in a large saucepan over medium-low heat. Cook the chicken, remove and place in a large soup pot.
2. In the large saucepan, slowly cook and stir the onion in olive oil until tender. Mix in the garlic, jalapeno, green chile peppers, cumin, oregano and cayenne. Continue to cook and stir the mixture until tender, about 3 minutes. Add to the chicken in the soup pot.
3. Mix in the chicken broth, corn and 3 cans of white beans. Simmer 10 minutes, stirring occasionally.
4. In a blender process up the remaining 2 cans of beans. Add to soup. Simmer for 5 minutes.
5. Remove the mixture from heat. Serve warm.

## Nutrition Info (1 cup)

Calories – 193

Carbs – 24.6g

Fat – 1.8g

Protein – 19.6g

Potassium – 226mg

Sugars – 2.4g

Fiber – 6.5g

Sodium – 698mg

Cholesterol – 31mg

Calcium – 6.5%

Vitamin C – 3.4%

Vitamin A – 1.5%

Iron – 13.4%