

White Chicken Chili

- Chicken, beans and nonfat milk are excellent sources of low-fat protein. You can also use leftover cooked chicken or turkey instead of canned chicken.
- Canned pork can be substituted for canned chicken. Remove the solid fat from the outside of the meat in the can, and use a fork to pull the meat it apart.
- Choosing canned foods with lower sodium makes this a heart healthy dish. Look for “reduced sodium”, “low sodium” or “no salt added” on the label of broth and canned vegetables.
- If you don’t have low-sodium beans and corn, drain and rinse them in a strainer to reduce the sodium content by up to 40%.
- Use dry beans, which cost less and last longer, but add a little more prep time. Add 1 pound cooked dry beans at step 4.
- Vegetarian? Use vegetable broth, remove the chicken and add another can of beans. Easy!

Nutrition Facts

8 servings per container
Serving size 1 1/2 cup

Amount per serving
Calories **240**

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 580mg **25%**

Total Carbohydrate 28g **10%**

Dietary Fiber 7g **25%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 19g

Vitamin D 0mcg **0%**

Calcium 129mg **10%**

Iron 3mg **15%**

Potassium 196mg **4%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Servings: 8

Prep Time: less than 30 minutes



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Ingredients:

1 Tablespoon olive, canola, or vegetable oil

1 medium onion, diced

4 cloves garlic, minced or 1 Tablespoon garlic powder

2 cans (10 oz.) canned chicken, rinsed and drained

2 cans (15 oz.) low-sodium chicken broth

2 cans (15 oz.) white beans (Great Northern, Cannellini, navy, pinto, garbanzo), drained and rinsed

1 Tablespoon chili powder

2 Tablespoons ground cumin

1 can (15 oz.) corn, drained and rinsed

1/4 cup nonfat dry milk powder or 1 1/2 cups fresh milk

Directions:

1. Heat oil in a large stock pot over medium heat.
2. Add onions, and sauté until soft, about 5 minutes.
3. While onions are cooking, Add 1 Tablespoon cumin and 1/2 Tablespoon chili powder to drained canned meat to infuse the flavor. Set aside.
4. Add garlic, 1 Tablespoon cumin and 1/2 Tablespoon chili powder to the cooking onions and sauté for one more minute.
5. Add chicken, broth, beans and milk. Bring to a boil, then reduce heat and simmer over low heat for 10-15 minutes.

Recipe credit: Jennifer Weissman and Catherine Stern, Dietetic Interns

Adapted from: <http://www.whatscooking.fns.usda.gov/>