Creamy White Chicken Chili

**Ingredients:**
1 Tablespoon olive oil
1 pound boneless, skinless chicken breasts, cut into ½-inch cubes
1 medium onion, chopped
1 jalapeno pepper, seeded and minced (optional)
2 garlic cloves, minced
2 14 ½ oz. cans no salt added navy beans, rinsed and drained
1 141/2 oz. chicken broth
1 4-ounce can chopped green chilies
½ teaspoon salt
2-3 teaspoons ground cumin
1 teaspoon dried oregano
½ teaspoon black ground pepper
¼ teaspoon cayenne pepper
1 cup sour cream
1 Tablespoon cornstarch
½ cup 1% milk

**Directions:**
Heat oil in a large pot. Saute’ the chicken, onion and garlic until chicken is no longer pink (165° F). Add the beans, broth, chilies, jalapeno and seasonings. Bring to a boil, then reduce heat and simmer, uncovered for 30 minutes. Remove pot from burner. Stir cornstarch into the sour cream, then slowly add the milk to the sour cream, mixing well with a wire whisk. Slowly add the sour cream and milk mixture to the chicken mixture with a wire whisk, blending well. Return soup to burner, and cook, stirring occasionally until soup is desired thickness. Serve with cheese, sour cream or other desired toppings.

**Makes 8 servings**

**Nutrition Info: (per serving)**
Calories: 220
Fat: 7 grams
Saturated Fat: 4 grams
Carbohydrate: 20 grams
Fiber: 4 grams
Protein: 19 grams
Sodium: 427 mg.

Exchanges: 2 lean meat, 1 starch, 2 vegetables