

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 14 ½ 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