
"White" Chili

Description

This recipe works especially well with "hapa" rice (a mix of ½ brown and ½ white rice). The tomato and green onion add refreshing color and flavor to this wholesome, satisfying dish.

Total time: 40 min Yield: 4 Servings

Ingredients

2 tsp canola oil
1 large onion (chopped)
3 clove garlic (minced)
1 1/2 boneless skinless chicken breast (chopped into bite-sized pieces)
2 cup chicken broth (low-fat, low-sodium is best)
1 can cannellini or great northern beans
7 oz vegetarian refried beans
1 tsp cumin
1 1/2 tsp chili powder
1/2 cup fresh tomato (diced)
1/2 cup green onion (sliced)
1/2 cup sour cream
tortilla chips (optional)

Prep Time: 40 min Total Time: 40 min

Instructions

Heat oil in a large pot, then sauté the onions for about 5 minutes before adding in the garlic and stirring for 30 seconds. Add the chicken and cook for another 5 minutes. Add the broth. Stir in the cannellini beans and the refried beans, whisking if needed. Add the cumin and chili powder, and continue to cook on low heat for 10 to 15 minutes to let the ingredients settle in.

To serve, spoon chili into a bowl over rice and top with green onion, sour cream, a sprinkle of fresh diced tomato and a few tortilla chips.

Recipe brought to you by:

Chef Michi Holland

Source:

