

White Bean and Ground Chicken Chili

Yield: 7 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-bean-recipe>

Ingredients:

- 1 onion chopped
- 3 cloves garlic minced
- 1 pound ground chicken I used Gold n' Plump 90/10
- 4 ounces diced green chilies
- 1 tablespoon ground cumin
- 1 tablespoon dried oregano
- 1 teaspoon ground cinnamon
- ground cayenne pepper to taste
- ground white pepper to taste
- 45 ounces beans white, beans, undrained, I used great northern but cannellini will also work
- 3 cups chicken broth
- 16 ounces reduced fat sour cream

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 80 milligrams
4. Fat: 16 grams
5. Fiber: 7 grams
6. Protein: 22 grams
7. SaturatedFat: 7 grams
8. Sodium: 190 milligrams
9. Sugar: 6 grams

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