

White Chicken Chili

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-recipe-using-great-northern-beans>

Ingredients:

- 1 tablespoon olive oil
- 1 small yellow onion chopped, about ½ cup
- 2 cloves garlic finely minced, or 1 ½ teaspoons garlic powder
- 2 1/2 cups low sodium chicken broth
- 8 ounces diced green chilies
- 1 1/2 teaspoons cumin
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1/2 lime small, juice from
- salt
- freshly ground black pepper
- 30 ounces great northern beans
- 1 cup sour cream or plain Greek yogurt
- 1 cup corn frozen or fresh
- 2 cups cooked chicken shredded, rotisserie or left-over chicken*
- cilantro
- tortilla chips
- shredded cheese
- green onion
- avocado

Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 69 grams
3. Cholesterol: 100 milligrams
4. Fat: 33 grams
5. Fiber: 20 grams
6. Protein: 45 grams

7. SaturatedFat: 12 grams
 8. Sodium: 650 milligrams
 9. Sugar: 5 grams
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