

Chicken And White Bean Chili

Yield: 7 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-white-bean-chili-recipe>

Ingredients:

- 4 boneless, skinless chicken breasts cubed
- 30 ounces white beans navy, cannellini, great northern, etc.
- 4 ounces green chilis drained and chopped
- 3 cups low sodium chicken broth
- 1 white onion chopped
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- salt
- pepper
- sour cream optional
- greek yogurt optional

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 50 milligrams
4. Fat: 5 grams
5. Fiber: 7 grams
6. Protein: 27 grams
7. SaturatedFat: 2 grams
8. Sodium: 250 milligrams
9. Sugar: 3 grams

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