

Tennessee White Chili

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 1 tablespoon canola oil
- 1 cup onion chopped
- 1 teaspoon garlic minced
- 1 1/2 pounds cooked chicken breast cut into small cubes
- 45 ounces cannellini beans or Great Northern
- 2 tablespoons cilantro chopped
- 2 teaspoons ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon cayenne pepper
- chicken broth to desired consistency
- Monterey Jack shredded, to garnish, optional

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 5 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 28 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 290 milligrams
9. Sugar: 2 grams

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