

# White Bean Chicken Chili

Yield: 9 min  
Total Time: 35 min

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

## Ingredients:

- 2 tablespoons vegetable oil
- 1 onion chopped
- 2 cloves garlic minced
- 14 1/2 ounces chicken broth
- 18 3/4 ounces tomatillos drained and chopped
- 16 ounces diced tomatoes
- 7 ounces diced green chiles
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground coriander seed
- 1/4 teaspoon ground cumin
- 2 ears fresh corn
- 1 pound chicken meat diced, cooked
- 15 ounces white beans
- 1 pinch salt and black pepper to taste

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 30 milligrams
4. Fat: 6 grams
5. Fiber: 5 grams
6. Protein: 16 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 200 milligrams
9. Sugar: 4 grams

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