

White Chicken Chili

1 t	Olive oil
½ c	Onion, chopped
4	Garlic cloves, chopped
2 cn	Tomatoes, diced, no salt added, with juice (14.5 oz each)
1 cn	Chicken broth, fat free, lower sodium, (14.5 oz each)
1 c	Water
2 cn	Chilies, chopped, rinsed and drained (4 oz each)
1 t	Oregano, dried
½ t	Cumin
2 cn	Chicken, rinsed, drained (12.5 oz ea)
2 cn	White beans, great northern, rinsed, drained (15.5 oz each)
3 T	Lime juice
¼ t	Pepper
1 c	Sour cream, light
1 c	Monterey Jack cheese, shredded

1. SAUTE' onion and garlic in olive oil until tender.
2. ADD tomatoes, broth, water, chilies, oregano, cumin, chicken, beans, lime juice, and pepper.
3. Bring to a BOIL. REDUCE to a SIMMER for 5-10 minutes.
4. REMOVE from heat. STIR in sour cream then the cheese.

*Optional: TOP with salsa and GARNISH with cilantro if desired.

Makes 12-1 cup servings

Nutrition Information: 220 calories, 8 g fat, 65 mg cholesterol, 670 mg sodium, 16 g carbohydrates, 4 g fiber, 24 g protein

Chickasaw Nation Nutrition Services

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