

Barb's White Chicken Chili

Source: Barbara Allen (Oct. 2007)

Ingredients

- 1 lb. Great Northern Beans Or Small White Bean
- 1 lb. Ground Chicken
- 2 Olive Oil, Divided
- 1 teaspoon Ground Cumin
- 1 medium Onion, Minced
- 1 medium Green Pepper, Seeded And Finely Chopped
- 2 Garlic Cloves, Minced
- 1 4 can Chopped Green Chiles
- 6 cups Low Sodium Chicken Broth
- ½ teaspoon Salt
- ¼ teaspoon White Pepper
- ¼ teaspoon Tabasco
- ¼ teaspoon Cayenne Pepper
- ½ teaspoon Water
- ½ cup Plain Low-Fat Yogurt
- 1 Minced Cilantro Or Parsley
- ½ cup Medium Hot Salsa

Method

Boil beans for 15 minutes and let sit for 4 hours (or overnight).

Grind chicken and heat oil in 6-quart pot or Dutch oven. Add the chicken and half the cumin. Saute until cooked through breaking up the chicken as it cooks. Remove from the pan.

Add the remaining oil to the pan and heat over medium heat. Add the onion, green pepper and garlic and saute 5 minutes. Add the beans, chicken, cumin, chilies and chicken broth. Bring to boil and reduce heat, and simmer 1½ hours or so, stirring occasionally. Add a little water if chili becomes too thick. Season with salt, pepper and Tabasco 30 minutes before the end.

Stir the cayenne and water together and let sit 5 minutes to thicken slightly. Swirl into the yogurt.

Ladle the chili into bowls and garnish with a little yogurt, a sprinkling of cilantro and some salsa.

Notes

I like things pretty well seasoned so may add more of everything. Sometimes I put in minced jalapeños without the seeds, too.

She grinds chicken breasts in food processor. Also thinks that hot or mild Italian chicken sausage would be good.