

White Chili

Servings: 8

Source: Lynne Rossetto Kasper

Ingredients

- 1 lb. boneless, skinless chicken, cut up into small chunks
- ¼ cup olive oil
- 1 onion, chopped
- 1 fresh poblano chile, seeded and finely chopped
- 6 cloves garlic, finely chopped
- 4 cups chicken broth
- 2 tsp whole cumin seeds, (ground will not withstand long cooking)
- 1 tbsp finely chopped fresh oregano leaves, or 1 tsp dried
- 4 15-oz cans cannellini beans, drained
- 4 oz bag Monterey Jack cheese, shredded, optional
- 2 tomatoes, chopped, optional
- 2 avocados, sliced and tossed with lime juice - optional
- some lime juice
- 1 package tortilla chips, broken - optional
- hot sauce, optional

Method

1. Combine the olive oil, chicken, onions, poblano chile, and garlic in a large pot and saute over medium-high heat until the chicken is cooked through, about 12 to 15 minutes. Use two forks to shred the chicken in the pot.
2. Add the chicken broth, cumin, oregano, and beans, and simmer until the chicken is tender and the flavors have blended, 30 minutes.
3. Ladle the chili into individual bowls, and top each serving with shredded Monterey Jack, chopped tomatoes, sliced avocados, and/or broken tortilla chips, if desired.

Notes

Boneless, skinless chicken breast deliver the least fat, but boneless, skinless thighs can take the abuse of longer cooking than you intended, more reheats than planned.

I think “Frank’s Hot Sauce” is a very needed addition.