

Lunch | Dinner

# White Chicken Chili

**15 Mins**  
Prep Time

**35 Mins**  
Cook Time

**6**  
Servings

**376** Calories **12g** Fat **40g** Carbs **27g** Protein



## Ingredients

**6** Servings **50 Mins** Total Time **Allergens: Dairy**

- 1 Tbsp Extra Virgin Olive Oil
- 1 Small Onion, diced
- 2 Cloves Garlic, minced
- 4 Cups Low-Sodium Chicken Broth
- 1 (4 oz) Can Diced Green Chilies
- 1 (8 oz) Package Light Cream Cheese, cut into cubes
- 1½ Cups Frozen Corn
- 2 (15 oz) Cans Cannellini Beans, **drained and rinsed**
- 2½ Cups Cooked Rotisserie Chicken, shredded
- 1 Lime, juiced (**wash lime under cold running water before juicing**)
- ¼ Cup Fresh Cilantro, chopped + more for serving (**wash under cold running water before chopping**)

### Spices

- 1½ Tsp Cumin
- ½ Tsp Dried Coriander
- ½ Tsp Paprika
- ¼ Tsp Cayenne Pepper
- ½ Tsp Dried Oregano
- Salt, to taste

### Optional Toppings

Chopped avocado, shredded cheese, tortilla chips, green onions

### Nourishment Note



#### ♥ Cannellini Beans

Cannellini beans contain healthy amounts of fiber to help with heart health and digestive regularity. They also contain plant protein to help build and maintain muscle, and folate to aid in the growth of new and healthy cells.



#### ♥ Cumin

Cumin contains antioxidants and may have anti-inflammatory properties. This may be helpful when experiencing a flare.

### Allergen Swap

Dairy Omit cream cheese or use a vegan cream cheese

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Heat Oil, Onions and Garlic

In a large pot or Dutch oven, heat olive oil over medium-high heat. Add the onions and cook until softened, about 4-5 minutes. Add the garlic and cook for an additional 30 seconds.

### 3. Add Chicken Broth, Chilies and Spices

Add the chicken broth, chilies, spices (cumin, paprika, oregano, coriander, cayenne pepper) and a pinch of salt. Bring the mixture to a boil, then reduce heat and allow to simmer for 15 minutes.

### 4. Puree Cannellini Beans

To a food processor or blender, add 1 cup of the rinsed cannellini beans and ¼ cup broth from soup. Puree until smooth. This step is optional if you do not have a blender or food processor.

### 5. Add Cream Cheese, Corn and Beans

To the soup, add the cream cheese, corn, whole beans and pureed beans. Mix well and simmer for an additional 5-10 minutes.

### 6. Add Chicken, Lime Juice and Cilantro

Stir in the shredded chicken, lime juice and cilantro. Season to taste. Top with optional toppings, if desired. Enjoy!

### 7. Wash Hands

Wash hands with soap and water.

Recipe adapted from [Cooking Classy](#)

## What You'll Need



Large Pot or Dutch Oven



Cutting Board



Knife



Measuring Cups



Measuring Spoons



Colander



Food Processor/Blender (Optional)



Spoon



Ladle



Can Opener

### PD Cooking Tips

**Garlic:** Purchase jarred, pre-minced garlic

**Lime:** Purchase pre-squeezed lime juice;  
1 lime = approximately 2 Tbsp juice

**Cans:** Use an electric can opener to open cans

**Chicken:** Purchase pre-shredded chicken