

White Bean Chicken Chili



NUTRITION FACTS:

1 cup: 344 calories, 16g fat (6g saturated fat), 62mg cholesterol, 894mg sodium, 23g carbohydrate (1g sugars, 6g fiber), 25g protein

INGREDIENTS:

3/4 lb boneless skinless chicken breasts
1/4 teaspoon salt
1/4 teaspoon pepper
2 tablespoons olive oil
1 medium onion, chopped
1 jalapeno pepper, seeded & chopped
4 garlic cloves, minced
2 teaspoons dried oregano
1 teaspoon ground cumin
2 cans (15 ounces each) cannellini beans, rinsed and drained
2-1/2 cups chicken broth
1-1/2 cups shredded cheddar cheese
Optional toppings: sliced avocado, quartered cherry tomatoes and chopped cilantro

DIRECTIONS:

1. Toss chicken with salt and pepper. In a large skillet, heat 1 tablespoon oil over medium-high heat; saute chicken until browned. Transfer to a 3-qt. slow cooker.
2. In same skillet, heat remaining oil over medium heat; saute onion until tender. Add jalapeno, garlic, oregano and cumin; cook and stir 2 minutes. Add to slow cooker.
3. In a bowl, mash 1 cup beans; stir in 1/2 cup broth. Stir bean mixture and the remaining whole beans and broth into chicken mixture.
4. Cook, covered, on low until chicken is tender, 3-3-1/2 hours. Stir before serving. Sprinkle with cheese; add toppings if desired.