

Chicken with White Bean Chili

CALORIES 431

FAT 5g (sat 1g, mono 3g, poly 1g)

PROTEIN 42g

CARBOHYDRATE 55g

FIBER 17g

CHOLESTEROL 60mg

IRON 6mg

SODIUM 606mg

CALCIUM 175mg

Ingredients

2 teaspoons olive oil

1 cup finely chopped onion

1 teaspoon ground cumin

3 (15.5-ounce) cans Great Northern beans, rinsed and drained (eden Brand)

2 cups fat-free, less-sodium chicken broth

1 (7-ounce) can chipotle chiles in adobo sauce

2 cups diced cooked chicken breast

1 tablespoon chopped fresh cilantro



Preparation

Heat oil in a nonstick saucepan over medium heat. Add onion; sauté until soft. Add cumin, beans, and broth to pan. Remove seeds from 1 chile; chop chile. Add chile and 2 teaspoons adobo sauce to bean mixture; bring to a boil. Reduce heat; simmer 15 minutes. Blend 1 cup bean mixture in a blender or food processor until smooth. Return puree to pan; add chicken. Cook 5 minutes or until thoroughly heated; stir in cilantro.