

White Chicken Chili



This is easily Sean's 2nd-favorite soup!

Ingredients:

2tsp avocado or olive oil
1 large onion, finely chopped
4 garlic cloves, minced
1lb boneless, skinless chicken breasts, cut into bite-sized pieces
1 4.5 oz can chopped chiles, undrained
4 cups vegetable broth
1 can cannellini beans, rinsed and drained
1 c frozen corn
1 tsp cumin
1tsp oregano
1 tsp white pepper (or black)

Directions:

1. Heat oil over medium-high heat in a soup pan
2. Saute onion for 5 mins
3. Add garlic and chicken and saute for 4-5 mins
4. Add remaining ingredients and simmer for 30 mins. For thicker chili, use a spoon or potato masher to mash some of the beans in the pot as it simmers.

Enjoy!