

## White Bean & Chicken Chili

*Serves 4*

### Ingredients:

- 2 Tablespoons butter
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 quart (32 oz.) chicken stock
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- $\frac{1}{2}$  to  $\frac{3}{4}$  cup mild chopped green chilies
- 2 (15.5 oz.) cans navy beans, drained and rinsed
- 3 – 4 cups shredded chicken (smoked if possible)
- 2 Tablespoons fresh lime juice
- $\frac{1}{4}$  -  $\frac{1}{2}$  cup sour cream
- Salt and pepper, to taste

**For topping:** grated cheese, fried tortilla strips, avocado, sour cream, cilantro, lime wedges



### Instructions:

1. Melt butter in a large pot over medium heat. Add onions; cook, stirring occasionally, until softened, about 5 minutes. Add garlic and cook until fragrant, about 1 minute.
2. Reduce heat to medium-low. Add chicken stock, cumin, coriander, and chilies. Simmer for 15 minutes.
3. Add beans, shredded chicken, and lime juice. Simmer 5 minutes more.
4. Reduce heat to low. Add sour cream; stir until smooth. Taste, adjust seasonings, and serve. Top with cheese, fried tortilla strips, avocado, sour cream, cilantro and a squeeze of lime.

### Make-Ahead Tip:

- To freeze the chili, make as instructed above but leave out sour cream. Cool completely and then freeze in air-tight containers. Reheat on stovetop or microwave; then stir in sour cream.

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