

White Chicken Chili

1 ½ lbs. boneless chicken breast or thighs

1 tablespoon ghee or coconut oil

1 medium onion, diced

1 bell pepper, any color; seeds and membrane removed and diced

1 small/medium jalapeno pepper, seeds and membrane removed and finely diced

6 cloves garlic, minced or (organic chopped garlic in a jar)

2 ½ teaspoons ground cumin

1 tsp dried oregano

1 tablespoon chili Powder

1 teaspoon dried cilantro leaves (if desired)

1 teaspoon salt

½ teaspoon black pepper

2 cups organic chicken broth or organic chicken bone broth

1 – 13.5 ounce can of full fat coconut milk

16 ounce can/jar great northern beans

Optional: frozen organic corn, matchstick carrots, fresh cilantro leaves and lime wedges for garnish.

Cooking Instructions:

In a large pan (or Dutch oven) over medium heat add 1 tablespoon of coconut oil. When coconut oil is melted add onions and peppers. Sauté 5 – 6 minutes, stirring occasionally until onion and pepper soften.

Add garlic, cumin, oregano, chili powder, cilantro, salt and pepper. Continue to sauté for 60 seconds until fragrant.

Place chicken in the pan over the onion and pepper mixture. Add 1 cup of the chicken broth and bring to a boil, reduce the heat, cover and simmer 10 – 12 minutes until the chicken is cooked through. Shred chicken using 2 forks.

Add remaining cup of chicken broth, coconut milk, beans and return to a simmer. At this point you could add corn, shredded carrots or whatever you like to make it your own unique creation. Cover pan and allow chili to simmer for 10 minutes or more as needed.

Taste and adjust seasoning as desired. You may want to add additional chicken broth if you like more broth in your chili.

Serve in bowls and garnish with lime wedges, fresh cilantro, parsley or shredded organic cheese if desired.

This recipe is a modified version of the Slow Cooker White Chicken Chili recipe from The Real Food Dietitians – www.the-realfoodrds.com

So good! It's my new favorite. Check out their site, so many good recipes.

