

White Bean Chicken Chili

Diabetes Friendly

Items Needed: cutting board, knife, measuring cups, measuring spoons, wooden spoon, soup/stock pot

Serves: 6-8

Ingredients:

- 2 tsp olive oil
- 1 medium onion
- 3 cloves garlic
- 1 rib of celery
- 1 large carrot
- 1 jalapeno or a small jar of green chilies (optional)
- 2 ears of corn or 1 cup of frozen corn
- 2 cups of shredded chicken
- Salt and Pepper to taste
- 8 cups of low sodium chicken or vegetable stock
- 1 tsp ground cumin
- ½ tsp celery seed
- 2 cans of white beans
- Toppings: Shredded cheese, sour cream, chopped jalapenos or cilantro if you would like.



Directions:

1. Dice onion, celery and carrot to a similar size (I prefer a small dice.) and mince garlic.
2. Set stock pot over medium heat and add olive oil. After a minute, add the onion, garlic, celery and carrot. Stir intermittently and allow to cook until onions are translucent.
3. While veggies are cooking return to cutting board and clean and slice jalapenos if you are including them, slice corn kernals from the cobb or measure your frozen corn out. Shred chicken, drain beans and assemble your remaining ingredients.
4. Add corn to veggie mix and stir, add in cumin and celery seed, stir until evenly distributed and add in the stock. Bring soup to a boil and then reduce to a simmer.
5. Allow to simmer for approximately 10 minutes. Add the drained and rinsed beans along with the shredded chicken and allow to cook another 10 minutes.



6. If you want your chili to be a little thinner then add more stock for a thinner soup, or add more veggies for a thicker chili texture.
7. Add toppings of your choice and enjoy!

Nutrition Information (per 1/6 recipe):

Calories: 235 Fat: 2.9 g Carbs: 20.7 g Protein: 18.6 g Fiber: 12.4 g Sodium: 522 mg

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