

# White Chicken Chili

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## ***Nutritional Info***

Servings Per Recipe: 1 cup

### Amount Per Serving

Calories: 249

Total Fat: 5g

Carbs: 24g

Protein: 32g

## ***Ingredients***

3 Medium Poblano Chilies, stemmed, seeded and chopped  
2 Medium Jalapeno Chili Peppers, seeded and deveined, chopped  
2 Vidalia Onions, peeled and chopped  
2 ribs celery, trimmed and chopped  
1 large leek, white only, well rinsed and chopped  
6 cloves Garlic, passed through a garlic press  
2 Tbsp Cumin  
2 Tbsp Dried Oregano  
2 Tbsp Dried Basil  
1 tsp Fresh Rosemary  
1 Tbsp Extra Virgin Olive Oil  
Sea Salt and Freshly ground Black Pepper  
8 Cups low sodium Fat Free Chicken Broth  
2 x15 oz Navy beans, cannellini beans or other small white beans or combination, drained and rinsed  
3 lbs Chicken Breast cooked and cubed (skinless and boneless about 3 full breasts)  
Juice from 2 fresh limes  
Juice from 2 fresh lemons  
1/2 cup Fresh Cilantro Leaves chopped

## ***Directions***

1. In a large saucepan or Dutch oven, place all chilies, onions, celery, leeks, garlic cloves, cumin, oregano, basil, rosemary, olive oil, sea salt and black pepper. Cook over medium heat until onions become translucent—about 10 minutes.
2. Add 8 cups chicken broth, beans and cubed chicken and bring mixture to a boil. Reduce heat and let mixture simmer for 40 minutes. Add lime and lemon juices and cilantro. Remove from heat and serve immediately