



WHITE CHICKEN CHILI

SERVINGS: 6-8

PREPPING TIME: 20 MIN

COOKING TIME: 25 MIN

INGREDIENTS

- 1 T pecan oil (see notes)
- 1 medium yellow onion, 1/4" dice
- 2 cloves garlic, minced
- 1-2 jalapenos, minced (seeds removed)
- 1 lg. yellow squash, 1/4" dice
- 1 bunch kale, stems removed, rough chop
- 1/4 c. salsa verde
- 1 lb. boneless skinless chicken breast
- 1 quart chicken broth
- 3 cans (15 oz.) cannellini beans, drained and rinsed
- 1 cup frozen corn
- 1 t ground cumin
- 1 t dried oregano
- salt + pepper to taste

DIRECTIONS

1. Heat oil in a stockpot over med-high heat until oil begins to sizzle. Add onion, garlic and hot peppers to the pot. Sauté 2-3 minutes and then add cumin and oregano -- combine well. Cook 1 more minute.
2. Reduce heat to medium-low. Add in chicken breasts and broth. Cover with lid and let simmer until chicken is cooked through, about 12-15 minutes.
3. Remove chicken and shred the meat using forks. Transfer back to pot and mix in evenly.
4. Divide white beans in half. Add one half to the pot, whole. Add the second half to a food processor and puree. Then add the second half to the pot.
5. Stir in corn, yellow squash and kale. Cook for 5-7 minutes, until heated through. Remove from heat.
6. Scoop into bowls while still hot. Serve with lime juice, cilantro, shredded cheese and tortilla chips if desired. Enjoy!



NOTES

If you like spicy, add another chili and/or another 1/4 c. of salsa verde | If you're not dairy averse or intolerant, try adding 1/2 c. heavy cream. | I made homemade broth by adding 1 chicken frame from Amber Oaks Ranch, water and salt to my instant pot. Then set it to "poultry" for 3.5 hours and straining into 1/2 gallon canning jars. | You can cook this chili on medium-low until it reduces to the desired thickness.