

Riverview Wellness Center

Recipe

Client Name: Peg Sherman

Recipe for: White Bean Chicken Chili

Ingredients: 2 chicken breasts, cooked and chopped
2 cans cannellini beans, drained (reserve 1 can & puree in processor or blender with a little water)
1 can chick peas, drained
1 can northern beans, drained
1 large can chicken broth
1 small can diced green chiles
cumin, salt, pepper, chili powder to taste

Preparation: Add all ingredients (except 1 can cannellini beans) into crockpot. Simmer on low for 6 to 8 hours. Add pureed beans in the last hour for thickness.

OR

Cook in large pot on stove for about 2 hours.