



Category (Soups)

White Chicken Chili

Submitted by Aundrea Carlson

<p><u>Recipe</u></p> <p>1-2 chicken breasts 2 t. minced garlic 1 T. oil 1 medium onion, chopped 1 can white beans, drained and rinsed 1-2 small cans diced green chilies, to taste (or 1 chili pepper seeded, rinsed, and diced) 1 t. cumin 1 t. oregano 1 t. salt ¼ t. pepper 2 c. chicken broth (1 can) 1 c. sour cream ½ c. cream or milk Chips (Doritos taste best)</p> <p>Cook chicken, garlic, onion, and oil together in pot. Add beans, chilies, seasonings, and broth, and simmer together 30 minutes. Add sour cream and cream or milk and warm through (don't boil). Sprinkle crushed chips in each bowl.</p>	<p><u>Grocery List</u></p> <p>Chicken breasts Garlic Onion 1 can white beans 1 can diced green chilies or 1 fresh green chili Spices 1 can chicken broth Sour cream Cream or milk Tortilla chips or Doritos</p>
<p><u>Side dish</u></p>	<p><u>Tips/Helpful hints</u></p> <p>This soup is fairly quick and super yummy! If you're in a hurry, don't simmer it the full 30 minutes. If you want to save calories, leave out the sour cream and cream. Enjoy!</p>