White Chicken Chili
Ingredients

- 1 pound lean ground chicken
- 1 medium onion, chopped
- 2 cans (15 ounces each) cannellini beans, rinsed and drained
- 1 can (4 ounces) chopped green chiles
- 1 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1/4 teaspoon pepper
- 1 can (14-1/2 ounces) reduced-sodium chicken broth
- Optional toppings: Reduced-fat sour cream, shredded cheddar cheese and chopped fresh cilantro
Directions

1.) Wash hands for 20 seconds, with warm soapy water. Make sure to scrub around your wrists, in between your fingers, and under your finger nails.

2.) In a large saucepan, cook chicken and onion over medium-high heat until chicken is no longer pink, 6-8 minutes (internal temperature = 165 degrees Fahrenheit). Make sure to break up the chicken as you cook it.

3.) Rinse beans in a colander, under cold water.

4.) Pour 1 can of beans in a small bowl; mash slightly.

5.) Stir mashed beans, remaining can of beans, chiles, seasonings, and broth into chicken mixture; bring to a boil.

6.) Reduce heat; simmer, covered, until flavors are blended, 12-15 minutes.

7.) Serve with toppings as desired.
Nutritional Information

- Serving Size: 1 Cup
- Calories: 228
- Carbohydrates: 23g
- Proteins: 22g
- Fats: 5g