



WHATSHEATE



HEALTH SCORE

21%

Chicken and Bean Chili



Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 30 ounce great northern beans rinsed drained canned
- ☐ 15 ounce pinto beans with jalapeno, drained) (ranch style canned
- ☐ 3 cups chicken broth (from 32-oz carton)
- ☐ 4 cups roasted chicken shredded
- ☐ 0.3 cup cornstarch
- ☐ 0.3 teaspoon coriander leaves dried
- ☐ 1 dash coriander leaves dried

- ☐ 1 tablespoon dehydrated onion dried
- ☐ 8 servings cilantro leaves fresh chopped
- ☐ 2 garlic clove finely minced
- ☐ 9 ounce pepper flakes diced green undrained canned
- ☐ 1 tablespoon ground cumin
- ☐ 0.1 teaspoon ground pepper red to taste
- ☐ 1 tablespoon olive oil
- ☐ 1 onion coarsely chopped
- ☐ 8 servings onion chopped
- ☐ 1 teaspoon onion salt
- ☐ 0.5 teaspoon oregano (I use Mexican oregano)
- ☐ 1 dash paprika
- ☐ 1 tablespoon salsa verde green (Salsa)
- ☐ 1 cup water
- ☐ 3 tablespoons water (for slurry)

Equipment

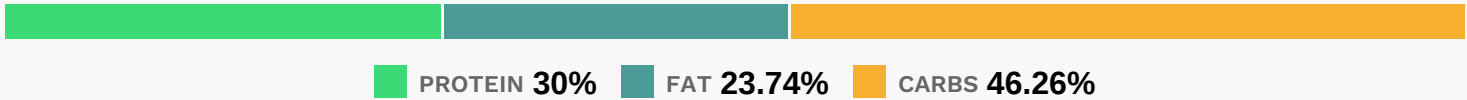
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Using a sautee pan, heat oil over medium-high heat.
- ☐ Add onions and garlic; cook 3 or 4 minutes, stirring frequently, until onions are softened.
- ☐ Add butter and continue to cook. Stir in cumin, salt, red pepper, oregano. Cook 6 to 7 minutes. While that's cooking, pour chicken broth, water, chilis, into crockpot. Stir in beans. add onion garlic mixture. (add salsa if using). Shred Chicken breast and some dark meat from Rotisserie chicken removing skin. (4 cups).
- ☐ Add chicken to crockpot, mix to combine. top with a dash or two of paprika, dried onion flakes and dried cilantro leaves.

☐ Let it simmer (I set my crockpot on the lowest setting) for an hour or so. (add 3 Tbs of water to 1/3 cup cornstarch – add to soup about 10 minutes before serving).Run the kids to practice or have a cocktail. When you're ready for a hearty meal, just serve!(I serve this chili over left over spanish rice that I freeze) Mmmm!Enjoy. ~V.

Nutrition Facts



Properties

Glycemic Index:39.13, Glycemic Load:5.09, Inflammation Score:-8, Nutrition Score:22.826956697132%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 14.02mg, Quercetin: 14.02mg, Quercetin: 14.02mg, Quercetin: 14.02mg

Nutrients (% of daily need)

Calories: 396.01kcal (19.8%), Fat: 10.56g (16.25%), Saturated Fat: 3.57g (22.3%), Carbohydrates: 46.31g (15.44%), Net Carbohydrates: 36.73g (13.36%), Sugar: 5.93g (6.59%), Cholesterol: 61.79mg (20.6%), Sodium: 863.5mg (37.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.03g (60.06%), Vitamin C: 54.29mg (65.8%), Manganese: 0.87mg (43.45%), Fiber: 9.58g (38.33%), Phosphorus: 374.36mg (37.44%), Vitamin B6: 0.71mg (35.44%), Vitamin B3: 6.89mg (34.45%), Selenium: 22.84µg (32.63%), Folate: 124.76µg (31.19%), Potassium: 939.52mg (26.84%), Magnesium: 106.97mg (26.74%), Iron: 4.5mg (24.99%), Vitamin B1: 0.31mg (20.51%), Copper: 0.4mg (20.03%), Vitamin B2: 0.28mg (16.56%), Zinc: 2.39mg (15.95%), Calcium: 129.41mg (12.94%), Vitamin B5: 1.22mg (12.24%), Vitamin K: 10.1µg (9.62%), Vitamin A: 480.66IU (9.61%), Vitamin E: 0.97mg (6.48%), Vitamin B12: 0.23µg (3.78%)