



## Chicken and White Bean Chili

READY IN



45 min.

SERVINGS



9

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 pounds chicken whole boneless cut into quarters or approximately 1 ½ pounds (750g) chicken
- 1 liter water
- 2 tablespoons chicken soup base
- 1 large bay leaves
- 1 medium size onion diced yellow finely
- 1 bell pepper red yellow with seeds medium to large
- 3 large garlic clove finely minced
- 5 tablespoons flour all-purpose
- 439 g .5 can cannellini beans white drained and rinsed or any other bean), canned

- 2 tablespoons chili powder
- 1 teaspoon ground coriander
- 2 teaspoons ground cumin
- 1 tablespoon cilantro leaves fresh chopped
- 250 ml cup heavy whipping cream
- 187 ml cream
- 9 servings bell pepper to taste
- 9 servings bell pepper to taste

## Equipment

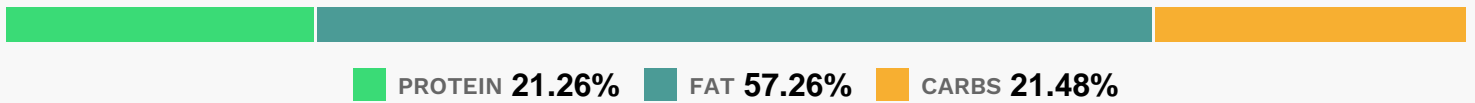
- bowl
- pot
- cutting board

## Directions

- Rinse the chicken quarters really well and place them in a stock pot.
- To the chicken in the pot, add the water (water should mostly cover the chicken), bouillon, bay leaf, onion, bell pepper and garlic.
- Place the stock pot over medium high heat and bring to a boil; reduce the heat to medium, cover and simmer until chicken is cooked through, approximately 30 minutes.
- Remove pot from the heat.
- Remove chicken quarters from the pot and transfer them to a cutting board and cool until they can be comfortably handled.
- Remove meat from the bones and chop it into small pieces then shred slightly; set aside.
- Remove approximately 1 cup (250ml) of the liquid from the stock pot and set aside.
- Return the stock pot to medium heat and bring to a simmer.
- Place the flour into a small bowl.
- While stirring constantly, gradually add the reserved liquid to the flour until a smooth paste is formed.
- Pour the paste into the stock pot and stir constantly until the mixture starts to thicken.

- Add the beans, chopped chicken, chili powder, coriander and cumin.
- Increase the heat to medium and, stirring frequently, simmer, uncovered for approximately 15–20 minutes or until the mixture is thick enough to coat the back of a spoon.
- Reduce the heat to low and add the fresh coriander, single cream and soured cream.
- Stir well until the single and soured creams are completely incorporated into the chili.
- Add pepper to taste.
- Serve immediately.
- Garnish with chopped avocado, spring onion, fresh coriander or grated cheese.
- Like most soups, this chili is great refrigerated and served the next day but if you intend on freezing it, leave out the whipping cream and soured cream (they separate when frozen) and add them just before serving.
- If youd like to spice things up a bit, add – teaspoon cayenne pepper or red pepper flakes for a slightly hot flavor.

## Nutrition Facts



### Properties

Glycemic Index:25.89, Glycemic Load:4.53, Inflammation Score:-10, Nutrition Score:25.397391304348%

### Flavonoids

Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

### Taste

Sweetness: 25.49%, Saltiness: 100%, Sourness: 18.67%, Bitterness: 34.13%, Savoriness: 62.61%, Fattiness: 72.22%, Spiciness: 100%

### Nutrients (% of daily need)

Calories: 452.38kcal (22.62%), Fat: 29.66g (45.63%), Saturated Fat: 12.83g (80.21%), Carbohydrates: 25.04g (8.35%), Net Carbohydrates: 18.35g (6.67%), Sugar: 8.63g (9.59%), Cholesterol: 116.21mg (38.74%), Sodium: 494.22mg (21.49%), Protein: 24.78g (49.55%), Vitamin C: 218.22mg (264.51%), Vitamin A: 5900.52IU (118.01%), Vitamin B6: 0.88mg (44.1%), Vitamin B3: 8.72mg (43.6%), Fiber: 6.69g (26.75%), Selenium: 18.08µg (25.83%),

Vitamin E: 3.68mg (24.55%), Phosphorus: 235.63mg (23.56%), Folate: 91.04µg (22.76%), Vitamin B2: 0.38mg (22.43%), Iron: 3.56mg (19.78%), Potassium: 652.57mg (18.64%), Manganese: 0.32mg (15.81%), Vitamin B5: 1.58mg (15.76%), Vitamin B1: 0.2mg (13.41%), Zinc: 1.98mg (13.19%), Magnesium: 51.95mg (12.99%), Vitamin K: 12.07µg (11.49%), Calcium: 113mg (11.3%), Copper: 0.15mg (7.41%), Vitamin B12: 0.39µg (6.51%), Vitamin D: 0.64µg (4.27%)