



## Chicken and White Bean Chili

READY IN



45 min.

SERVINGS



12

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 0.3 cup butter ()
- ☐ 1 tablespoon chili powder
- ☐ 1 pound anaheim chilies fresh
- ☐ 12 servings cilantro leaves fresh chopped
- ☐ 1 tablespoon ground cumin
- ☐ 3 cups half and half
- ☐ 4 cups low-salt chicken broth
- ☐ 6 ounces monterrey jack cheese grated

- ☐ 2 large onions chopped
- ☐ 1 tablespoon pepper sauce hot
- ☐ 12 servings chili salsa green
- ☐ 2 teaspoons salt
- ☐ 4 cups meat from a rotisserie chicken shredded cooked
- ☐ 1 cup heavy whipping cream sour
- ☐ 1 pound beans dried white
- ☐ 0.5 teaspoon pepper white

## Equipment

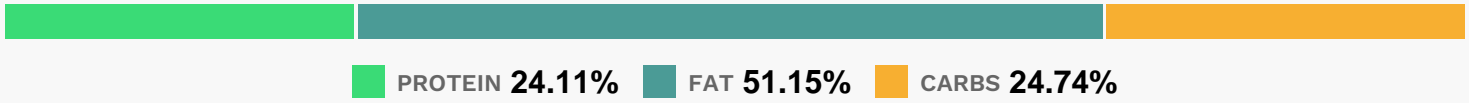
- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ pot
- ☐ broiler

## Directions

- ☐ Place beans in heavy large pot with enough cold water to cover by at least 3 inches.
- ☐ Let stand overnight.
- ☐ Char chilies over gas flame or in broiler until blackened on all sides. Enclose in paper bag; let stand 10 minutes. Peel, seed, and chop chilies. Set aside.
- ☐ Drain beans. Return to pot.
- ☐ Add enough cold water to pot to cover beans by 3 inches. Simmer until beans are almost tender, stirring occasionally, about 1 hour.
- ☐ Drain well.
- ☐ Melt butter in clean heavy large pot over medium heat.
- ☐ Add onions and sauté until tender, about 15 minutes.
- ☐ Add flour and stir 5 minutes (do not brown). Gradually whisk in chicken broth and half and half. Simmer gently until thickened, about 10 minutes.

- ☐ Add reserved white beans and roasted chilies, shredded chicken, and next 5 ingredients. Simmer gently to blend flavors, about 20 minutes. (Chili can be made 1 day ahead. Chill until cold, then cover and keep chilled. Rewarm before continuing.)
- ☐ Add grated cheese and sour cream to chili; stir just until chili is heated through and cheese melts (do not boil). Ladle chili into bowls and garnish with cilantro and green salsa.
- ☐ Serve.
- ☐ \* Also known as California chilies; available at Latin American markets and many supermarkets.

## Nutrition Facts



### Properties

Glycemic Index:21.75, Glycemic Load:3.71, Inflammation Score:-8, Nutrition Score:19.220000072666%

### Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg

### Nutrients (% of daily need)

Calories: 397.05kcal (19.85%), Fat: 22.94g (35.3%), Saturated Fat: 12.4g (77.52%), Carbohydrates: 24.96g (8.32%), Net Carbohydrates: 20.19g (7.34%), Sugar: 7.6g (8.45%), Cholesterol: 90.27mg (30.09%), Sodium: 751.58mg (32.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.33g (48.67%), Vitamin C: 61.38mg (74.4%), Phosphorus: 324.09mg (32.41%), Vitamin B3: 5.72mg (28.58%), Selenium: 18.38µg (26.25%), Vitamin B6: 0.52mg (26.23%), Calcium: 252.77mg (25.28%), Vitamin A: 1152.77IU (23.06%), Vitamin B2: 0.38mg (22.44%), Manganese: 0.41mg (20.64%), Potassium: 689.1mg (19.69%), Fiber: 4.77g (19.08%), Iron: 3.35mg (18.6%), Magnesium: 61.23mg (15.31%), Zinc: 2.26mg (15.06%), Folate: 58.78µg (14.69%), Copper: 0.26mg (13.24%), Vitamin B1: 0.17mg (11.28%), Vitamin B5: 0.94mg (9.44%), Vitamin K: 9.55µg (9.1%), Vitamin E: 1.27mg (8.46%), Vitamin B12: 0.49µg (8.25%)