

DINNER

Chicken Chili with White Beans and Chipotles

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$3.28	564 kcal



Chicken Chili with White Beans and Chipotles is a gluten free and dairy free recipe with 4 servings. This main course has 564 calories, 47g of protein, and 6g of fat per serving. For \$3.28 per serving, this recipe covers 33% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 46½ ounce Great Northern beans, rinsed and drained
canned
- ☐ 7 ounce chipotle chiles in adobo sauce
canned
- ☐ 1 tablespoon chopped fresh cilantro
- ☐ 2 teaspoons olive oil
- ☐ 2 cups diced cooked chicken breast
- ☐ 2 cups fat-free, less-sodium chicken broth
- ☐ 1 teaspoon ground cumin
- ☐ 1 cup finely chopped onion

Method

- 1

Heat oil in a nonstick saucepan over medium heat.
- 2

Add onion; saut until soft.
- 3

Add cumin, beans, and broth to pan.
- 4

Remove seeds from 1 chile; chop chile.
- 5

Add chile and 2 teaspoons adobo sauce to bean mixture; bring to a boil. Reduce heat; simmer 15 minutes. Blend 1 cup bean mixture in a blender or food processor until smooth. Return puree to pan; add chicken. Cook 5 minutes or until thoroughly heated; stir in cilantro.

Nutrition per serving			
	564	47 g	6 g
	KCAL	PROTEIN	FAT
			82 g
			CARBS
Saturated Fat			1.4 g · 9% of daily needs
Fibre			21.9 g · 87% of daily needs
Sugar			5.2 g · 6% of daily needs
Sodium			532 mg · 23% of daily needs
Cholesterol			59.5 mg · 20% of daily needs
Vitamin C			7.3 mg · 9% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/chicken-chili-with-white-beans-and-chipotles-148427