

DINNER

Easy White Chili

11 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
45 min	15 min	30 min	8	\$4.36	814 kcal



Easy White Chili is a gluten free main course. This recipe makes 8 servings with 814 calories, 86g of protein, and 25g of fat each. For \$4.36 per serving, this recipe covers 42% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 72½ ounce great Northern beans, undrained
canned
- ☐ 1½ teaspoons cayenne pepper
- ☐ 43½ ounce chicken broth
canned
- ☐ 2 teaspoons ground cumin
- ☐ 2 tablespoons olive oil
- ☐ 2 teaspoons dried oregano
- ☐ 8 ounce canned green chile peppers, chopped
- ☐ 4 cooked, boneless chicken breast half, chopped
- ☐ 4 cloves garlic, minced
- ☐ 1 cup shredded Monterey Jack cheese
- ☐ 2 onions, chopped

Method

- 1 Heat the oil in a large pot over medium heat.
- 2 Add the onions and garlic and saute for 10 minutes, or until onions are tender.
- 3 Add the chicken, chicken broth, green chile peppers, cumin, oregano and cayenne pepper and bring to a boil.
- 4 Reduce heat to low and add the beans. Simmer for 20 to 30 minutes, or until heated thoroughly.
- 5 Pour into individual bowls and top with the cheese.

Nutrition per serving			
	814	86 g	25 g
	KCAL	PROTEIN	FAT
Saturated Fat			7.7 g · 48% of daily needs
Fibre			13.9 g · 56% of daily needs
Sugar			1.3 g · 1% of daily needs
Sodium			1,084 mg · 47% of daily needs
Cholesterol			162 mg · 54% of daily needs
Vitamin C			17.2 mg · 21% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/easy-white-chili-142098