



One Pot Chicken and Beans



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



817 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce black beans canned
- ☐ 24 ounces chicken thighs bone-in
- ☐ 30 ounce .5 can cannellini beans pureed canned
- ☐ 2 medium carrots chopped
- ☐ 2 celery stalks chopped
- ☐ 1.5 cups chicken broth
- ☐ 2 garlic clove minced chopped (I use the in the jar)
- ☐ 3 ounce pepper flakes diced green canned

- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 4 servings salt and pepper
- ☐ 1 Tablespoon vegetable oil

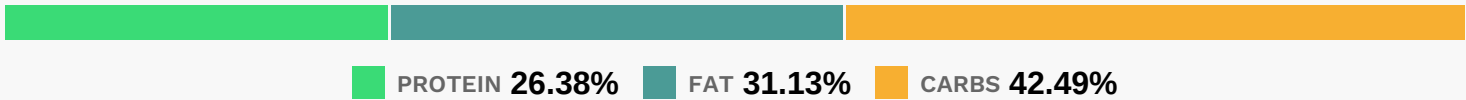
Equipment

- ☐ bowl
- ☐ pot
- ☐ dutch oven

Directions

- ☐ In a large Dutch oven or heavy pot, heat oil over medium-high. Season chicken with salt and pepper and place, skin side down, in pot. Cook until golden brown on both sides, 10 to 12 minutes total.
- ☐ Remove chicken from pot and set aside.
- ☐ Pour off all but 1 tablespoon fat from pot; add garlic,carrots celery and seasonings and saute until tender.Stir in broth and pureed cannellini beans, stir to incorporated then add black beans, green chilies and chicken. Bring to a boil, then reduce heat to low. Cover and simmer for 30 minutes.
- ☐ Let stand, covered, for 10 minutes before serving.
- ☐ Serve in bowls with biscuits for dipping.

Nutrition Facts



Properties

Glycemic Index:48.46, Glycemic Load:11.42, Inflammation Score:-10, Nutrition Score:40.713043542012%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 816.55kcal (40.83%), Fat: 29.3g (45.08%), Saturated Fat: 7.35g (45.97%), Carbohydrates: 89.97g (29.99%), Net Carbohydrates: 59.63g (21.68%), Sugar: 3.06g (3.4%), Cholesterol: 143.45mg (47.82%), Sodium: 1120.83mg (48.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.87g (111.73%), Fiber: 30.33g (121.33%), Vitamin A: 5498.77IU (109.98%), Folate: 333.96µg (83.49%), Iron: 11.63mg (64.62%), Manganese: 1.2mg (59.79%), Phosphorus: 560.83mg (56.08%), Magnesium: 193.36mg (48.34%), Vitamin B1: 0.69mg (46.25%), Selenium: 30.43µg (43.46%), Vitamin B3: 8.67mg (43.34%), Vitamin B6: 0.83mg (41.34%), Vitamin C: 33.01mg (40.01%), Potassium: 1279.94mg (36.57%), Zinc: 4.49mg (29.93%), Copper: 0.6mg (29.76%), Vitamin B2: 0.42mg (24.46%), Calcium: 239.11mg (23.91%), Vitamin B5: 2.14mg (21.37%), Vitamin K: 20.22µg (19.26%), Vitamin B12: 0.94µg (15.72%), Vitamin E: 1.16mg (7.74%)