



White Chili



Gluten Free



Popular

READY IN



175 min.

SERVINGS



5

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounce beans dry white white drained canned
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 medium onion chopped
- ☐ 1 clove garlic minced
- ☐ 2 teaspoons ground cumin
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.1 teaspoon ground cloves
- ☐ 8 ounce chilies green chopped canned

- ☐ 1.5 teaspoons oregano dried
- ☐ 1 serrano chiles finely chopped
- ☐ 2 pounds chicken thighs diced boneless skinless trimmed (can use breast meat, but thighs will work better)
- ☐ 3 cups chicken stock see
- ☐ 1.5 cups monterrey jack cheese grated
- ☐ 1.5 teaspoons salt
- ☐ 1 clove garlic
- ☐ 1 bay leaf

Equipment

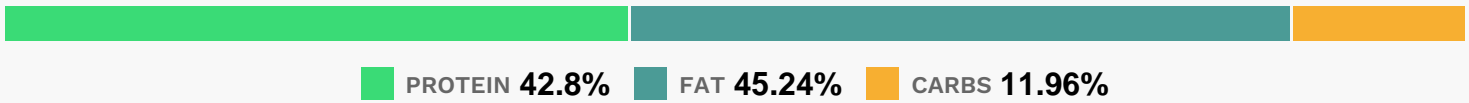
- ☐ pot

Directions

- ☐ Place the beans in a medium pot and cover with a couple inches of hot water, about 2 quarts.
- ☐ Add 1 1/2 teaspoons salt, 1 chopped garlic clove, and one bay leaf.
- ☐ Heat on high to bring to a simmer, cover, and reduce heat to very low to maintain a low simmer.
- ☐ Cook for 2 to 3 hours or until the beans are cooked through and tender (note that cannelli beans will cook faster than navy beans, and older dry beans will take longer to cook than newer).
- ☐ Drain.
- ☐ Sauté onions, garlic, spices: In a large thick-bottomed pot, sauté onions in olive oil on medium high heat until tender, about 4 minutes.
- ☐ Add the garlic, cumin, cloves, and cayenne and cook a minute more.
- ☐ Add the green chiles and dried oregano.
- ☐ Add the minced jalapeño or serrano chile if using.
- ☐ Add the chicken and chicken stock. Increase the heat to high, bring to a simmer, lower the heat to low, cover and maintain the simmer for 20 minutes, until the chicken is cooked through.

- ☐ Add cooked beans, continue to simmer:
- ☐ Add the drained cooked beans and cook for 15 minutes more. Taste for seasonings and add more salt to taste. Depending on how salty your chicken stock and beans are, you may need to add a teaspoon or more.
- ☐ Serve with toppings and tortillas or chips:
- ☐ Serve topped with grated cheese.
- ☐ Garnish with cilantro, chopped fresh tomato, salsa, chopped scallions, and/or guacamole.
- ☐ Serve with fresh warmed flour tortillas or tortilla chips.

Nutrition Facts



Properties

Glycemic Index:41.6, Glycemic Load:1.22, Inflammation Score:-7, Nutrition Score:23.03260889779%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 456.46kcal (22.82%), Fat: 22.56g (34.71%), Saturated Fat: 9.24g (57.74%), Carbohydrates: 13.43g (4.48%), Net Carbohydrates: 10.5g (3.82%), Sugar: 5.21g (5.79%), Cholesterol: 206.86mg (68.95%), Sodium: 1451.45mg (63.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.02g (96.05%), Selenium: 49.58µg (70.83%), Vitamin B3: 12.62mg (63.11%), Phosphorus: 554.65mg (55.46%), Vitamin B6: 0.99mg (49.56%), Vitamin B2: 0.6mg (35.2%), Calcium: 302.32mg (30.23%), Zinc: 4.16mg (27.75%), Vitamin B12: 1.44µg (24.04%), Vitamin B5: 2.31mg (23.06%), Potassium: 717.92mg (20.51%), Magnesium: 67.68mg (16.92%), Iron: 3.01mg (16.73%), Vitamin B1: 0.25mg (16.7%), Vitamin K: 12.72µg (12.12%), Fiber: 2.93g (11.72%), Copper: 0.23mg (11.63%), Manganese: 0.21mg (10.43%), Vitamin C: 8.52mg (10.33%), Vitamin A: 383.64IU (7.67%), Folate: 29.66µg (7.41%), Vitamin E: 1.05mg (6.98%), Vitamin D: 0.2µg (1.36%)