

THIS WEEK'S RECIPE

As seen on hdnews.net



White Chili

8 servings

- 1 tablespoon canola or olive oil
- 2 medium onions, peeled and chopped
- 3 cloves garlic, peeled and minced
- 3 (15 1/2 ounce) cans great northern beans, drained and rinsed
- 4 cups low-sodium chicken or vegetable broth
- 3 cups chopped cooked chicken
- 1 teaspoon ground cumin
- 1/2 teaspoon ground cloves
- 1 teaspoon dried oregano
- 2 cups shredded Monterey Jack cheese

In a large pan heat oil and add onion and garlic and cook until the onions are translucent. Add the beans, broth, chicken, cumin, cloves and oregano. Cover and simmer for about one hour. Remove from heat and stir in the cheese until it melts.

2010 National Nutrition Month Recipe



Nutrition Facts

Serving Size (Cup)
Servings Per Container 8

Amount Per Serving

Calories 373

% Daily Value*

Total Fat 13g

Saturated Fat 6g

Cholesterol 61mg

Sodium 227mg

Total Carbohydrate 30g

Dietary Fiber 6g

Sugars 0g

Protein 34g



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