

Sally's White Chicken Chili

Recipe: by Sally Severeid

This is a nice alternative to a traditional red meat chili. It is a mild yet satisfying chili. The lime juice gives this chili its bright taste. The seasoning can also be adjust to suit your heat level. What helps thicken the chili is using mashed white beans as a thickener.



1 (14 1/2-ounce) can cannellini beans, drained and rinsed
1 large, seeded, stemmed and diced
1/2 large onion, chopped (about 1 1/2 cups)
1 small jalapeno, seeded and finely diced (optional)
2 large cloves garlic, finely minced
2 cups low sodium chicken stock

1 tablespoon ground cumin
1 teaspoon chili powder
1 teaspoon ground coriander
1 lime, juiced
1/4 cup fresh cilantro leaves, coarsely chopped
2 tablespoons canola oil
kosher salt and freshly ground black pepper, to taste

- 1) Rinse and drain the beans. Put half in a bowl and mash them with a fork.
- 2) Heat the oil over medium heat and saute the peppers and onions, season with salt and pepper. When they soften add in the garlic and stir until fragrant, about a minute. Add in the cumin, chili powder and coriander and stir for a minute to toast.
- 3) Pour in the chicken broth and lime juice then turn up the heat to medium high. When it comes to a simmer, add in the chicken, beans and cilantro.
- 4) Turn down the heat a little and let simmer for 20 minutes stirring occasionally. Taste and adjust seasoning as you like. If it's too thick for your liking add more broth.
- 5) Spoon into a bowl and top with sour cream, cilantro and a lime wedge. Serve with the chips.

COOK'S NOTES: To get the most from the chicken use the carcass to make broth for soup