

Healthy Recipe of the Week



Use organic ingredients whenever possible.

White Bean Chili

Adapted from FoodNetwork.com

8-10 servings

- 1 15 oz can white beans, drained and rinsed**
- 5 cups chicken broth (look for one that is low sodium and doesn't contain MSG)**
- 2 tablespoons unrefined coconut oil (you can use other oils or butter, but coconut oil is a healthier alternative)**
- 1 tablespoon minced garlic**
- 3/4 cup diced onion**
- 1 1/2 cups canned chopped green chiles**
- 1 pound boneless, skinless chicken breasts, finely chopped**
- 1 tablespoon ground cumin**
- 1 tablespoon dried oregano**
- 1 to 2 teaspoons ground black pepper**
- Pinch red pepper flakes**
- 1/2 bunch cilantro leaves, chopped**
- shredded cheese, sour cream, diced avocado - optional toppings**

In a large saucepan, heat oil over medium heat. Add garlic, onion, and chiles and saute for 5 minutes. Add chicken broth, beans, chicken, cumin, oregano, pepper, red pepper flakes, and cilantro. Season with salt to taste. Lower heat to medium and cook, stirring occasionally, for approximately 1 hour. Serve with optional toppings, if desired.