

Creamy White Chicken Chili

Calories 313, Fat 8.5g, Saturated Fat 4.3, Sodium 546mg, Carbohydrates 29g,
Fiber 7g, Sugar 3g, Protein 30g

Ingredients:

- 1 carton (32 oz) chicken broth
- 2 cans (14.5 oz each) cannellini beans (white kidney beans) drained, rinsed
- 2 cups shredded or cubed cooked chicken
- 1 can (4.5 oz) chopped green chiles
- 1 ½ teaspoons ground cumin
- ¼ teaspoon pepper
- 1 cup shredded pepper Jack cheese (4 oz)
- ¾ cup plain nonfat Greek yogurt

Directions:

1. In 4-quart saucepan, mix chicken broth, beans, chicken, chiles, cumin and pepper over medium heat.
2. Heat to boiling, reduce heat; simmer uncovered 10 minutes, stirring occasionally. Gradually add cheese; stirring until melted. Remove from heat, stir in Greek yogurt