



# White Chicken Chili

SERVING: 6  
YIELD: 1.5 CUPS

PREP TIME: 5 MIN  
TOTAL TIME: 30 MIN

## Ingredients

- Cooking Oil Spray
- 1 Ib Boneless Skinless Chicken
- 1 tsp Poultry Seasoning
- 1 small Yellow Onion, chopped
- 1 medium Bell Pepper, chopped
- 1 tsp Minced Garlic
- 3 cups Water
- 1 tsp Better than Bouillon Roasted Chicken Base
- 1 (4oz) can Diced Green Chilies
- 1 (8oz) pkg Neufchatel cheese (aka light cream cheese), cut into small cubes
- 1 (15.25oz) can Yellow Corn
- 1 (15oz) can Cannellini Beans

Toppings (optional; calorie info not included)

- Cilantro
- Jalapeno
- Limes
- Cheese
- Tortilla Chips

### Seasonings

- 1 1/2 tsp Cumin
- 1/2 tsp Paprika
- 1/2 tsp Dried Oregano
- 1/2 tsp Ground Coriander
- 1/4 tsp Cayenne Pepper
- 1/4 tsp Ground Black Pepper

## Nutrition Facts

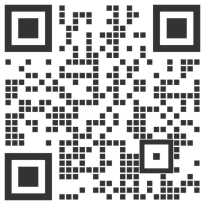
6 servings per container	
<b>Serving size</b>	<b>(0.0g)</b>
Amount Per Serving	
<b>Calories</b>	<b>310</b>
% Daily Value*	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 460mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 27g	
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 2.2mg	10%
Potassium 530mg	10%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## Directions

1. In a large skillet, add cooking oil spray and heat over medium high heat. COAT chicken with poultry seasoning and cook chicken for about 4-6 minutes on each side until slightly browned. Set aside chicken and cover.
2. Add cooking oil spray to large skillet. Add onion and bell pepper and sauté 4 minutes. Add garlic and green chilies and sauté 1 minute longer.
3. Add chicken broth, cumin, paprika, oregano, coriander, cayenne pepper, pepper, shredded chicken, cannellini beans, and corn. Bring mixture to a boil then reduce heat to medium and simmer 5-10 minutes.
4. Add Neufchatel cheese and stir well. Simmer 5 minutes longer.
5. Serve with desired toppings. Enjoy!

\*Recipe adapted from  
cookingclassy.com

\*Cost information includes  
lower cost ingredients found at  
local grocery store 04/24/23.



Cost Per Recipe

\$11.49

Cost Per Serving

\$1.92



Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 6g	8%	Total Carbohydrate 2g	1%
8 servings per container Serving size 1 oz (28g/about 2 Tbsp.)	Saturated Fat 3.5g	18%	Dietary Fiber 0g	0%
	Trans Fat 0g		Total Sugars 2g	
	Cholesterol 20mg	7%	Includes 0g Added Sugars	0%
	Sodium 105mg	5%	Protein 2g	
	Calories per serving 70			
	Vitamin D 0mcg 0% • Calcium 33mg 2% • Iron 0mg 0% • Potassium 0mg 0%			

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Nutrition Facts	
about 3.5 servings per container	
Serving size 1/2 cup (130g)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 20g	7%
Dietary Fiber 6g	21%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg 0% • Calcium 50mg 4%	
Iron 2.2mg 10% • Potas. 440mg 10%	

