

LIVE WELL  
ALABAMA

#EATBETTER

# WHITE CHICKEN CHILI

FOLLOW US



LiveWellAlabama.com

## TIPS

Canned veggies are great but full of salt. Drain and rinse canned veggies before using.

Roast or bake chicken instead of frying for a healthier choice.



Want to see the  
finished product?  
Scan the code to  
see how it's done.

**extension**  
ALABAMA A&M & AUBURN UNIVERSITIES

This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP. USDA is an equal opportunity provider and employer. Livewellalabama.com. The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome! Please let us know if you have accessibility needs. New May 2021, FCS-2525 ©2021 by the Alabama Cooperative Extension System. All rights reserved. [www.aces.edu](http://www.aces.edu)

# WHITE CHICKEN CHILI

---

SERVES 6



## INGREDIENTS

---

1 tablespoon olive oil  
1 onion, diced  
3 cloves garlic, minced  
2 cups cooked chicken, shredded  
2 cans navy beans, 15 ounces, rinsed and drained  
1 package frozen corn, 16 ounces  
1 can green chilies, 4 ounces  
2 teaspoons cumin  
½ teaspoon oregano  
2 cups chicken broth  
Salt and pepper, to taste  
1 lime, cut into wedges  
Cilantro (optional)

## DIRECTIONS

---

1. In large pot over medium heat, heat oil, onion, and garlic for 5 minutes.
2. Add all ingredients except lime and cilantro. Cook 30 minutes.
3. Top with squeeze of lime juice and cilantro.

| Main Dish |