

## White Bean Chicken Chili

This very flavorful, lightened up variation of chili is a great one-pot meal that provides your body with plant-based protein, energy-supportive B-vitamins, and disease-fighting antioxidants. Enjoying beans as part of a heart healthy diet and lifestyle improves satiety which may help with weight management. And the soluble fiber beans contain may help promote healthier cholesterol levels.

**Prep time:** 30 minutes

**Serves:** 4-6

### Ingredients

- 1-2 tablespoons avocado oil
- 1 medium yellow onion, diced
- 1 pound boneless, skinless chicken breast, cubed
- 3 cloves garlic, minced
- 1 tablespoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon dried oregano
- 1 quart low sodium chicken broth
- 2 (15-ounce) cans no salt added cannellini or great northern beans, drained and rinsed
- 1 cup frozen corn
- 1 (4-ounce) can diced green chiles
- Salt and pepper to taste
- Water

### Steps

1. Heat oil in a medium soup-pot over medium high heat. Add diced onion and chicken and sauté for 5 minutes until onions are softened and chicken whitens. Add garlic and spices then sauté for an additional 1-2 minutes.
2. Add chicken broth, beans, corn, and green chilies to the pot. Increase heat until it begins to boil, then reduce heat to simmer.
3. Cook for about 15 minutes, stirring occasionally.
4. Mash beans slightly with a potato masher to thicken the chili. Taste and add additional seasonings, if desired. If it's too thick, you can thin out by adding a little bit of water at a time.