

White Bean and Chicken Chili

60 minutes

Recipe by Tracy Flint



Ingredients

1 chicken breast, cut into bite-sized pieces
2 cups white beans, pre-soaked
1 yellow onion
6 cloves garlic, minced or grated
2 jalapeños, finely diced
1 can green chillies
100 grams Monterey Jack cheese



Instructions

1. Drain and rinse white beans and add to a medium to large sauce pan. Cover with plenty of cold water. Add 2 tsp of salt and bring to a boil then reduce to simmer for 20-30 minutes or until tender.
2. Meanwhile, dice onion and finely dice jalapeños. Mince or grate garlic. Cut chicken into 3/4 inch cubes.
3. In a large saucepan, on medium-high heat, add a glug of oil. Once hot, add onions and chicken and cook for 5-6 minutes until onions are translucent and chicken is browned on some sides. Add jalapenos, garlic and cumin and cook for an additional minute.
4. Add in the white beans and about half of their cooking liquid. Reserve the rest to add in as necessary to get desired thickness. Add in the can of green chilis. Simmer over medium heat for 15 to 20 minutes adding in liquid as needed. Salt to taste.
5. Grate the Monterey Jack cheese. Add half into chili and reserve the rest for garnish.
6. Portion chili into bowls, sprinkle with remaining cheese and serve. Feel free to add a dollop of sour cream and cilantro if you have it on hand.