



WHITE CHICKEN CHILI RECIPE

INGREDIENTS:

1 - 1 1/2 lbs. chicken breast tenders
1 large yellow onion, coarsely chopped
5 cloves garlic, finely chopped
2 jalapenos, seeds removed/coarsely chopped
1 can diced tomatoes
1 ripe tomato, cubed
2 cups chicken broth
1 bunch cilantro, chopped
3 cans of beans (black, kidney, pinto, garbanzo, etc.)
1 teaspoon cumin powder
1 Tablespoon + 1 teaspoon chili powder
1 teaspoon salt
1/8 teaspoon white pepper
black pepper to taste
1 1/2 teaspoons seasoning salt
3 teaspoons dried oregano
1/3 Cup quinoa

DIRECTIONS:

- Saute the chicken. Once cooked, remove from pan and shred.
- Return chicken to pan and stir in the garlic, onions and jalapeno. Saute then add all to a large pot.
- Add fresh and canned tomatoes, chicken broth, cilantro and beans to the pot with the chicken.
- Stir in the the cumin powder, chili powder, salt, pepper, seasoning salt and oregano and simmer for ten minutes.
- Finally, add the quinoa to the pot of chili both for added texture and to soak up the excess liquid.
- Allow chili to simmer an additional 30-40 minutes. Then it's ready to eat!