

WHITE CHILI

Yes indeed, it's another comfort food! This is a particularly good fall/winter food, but hits the spot any time. It is naturally milder than the classic "Texas Chili", but you can always add more Cayenne or a couple of shakes of your favorite hot sauce. The instructions are for cooking in a crock pot for 8-10 hours, so plan accordingly. This recipe makes approximately 7 servings of about 1 ½ Cups, which is 400 calories per serving.

- 5 Boneless/Skinless Chicken Breasts
- 1 Large Onion, chopped
- 6 Garlic Cloves, minced
- 7 Cups Water
- 1 pound dry Navy Beans
- 2 cans (4 oz. each) chopped Green Chilies
- 1 Tablespoon ground Cumin
- 2 teaspoons dried Oregano
- 1 Tablespoon Salt
- ¾ teaspoon Cayenne Pepper
- ½ teaspoon ground Cloves
- 2 Chicken Bullion Cubes

Place all of the ingredients in your crock pot, cover, and cook on High for 8-10 hours. Uncover and stir to break up the meat. Serve with shredded Monterey Jack Cheese or sour cream, sprinkle with chives or red pepper flakes, or just eat it straight.

The Quicker Method:

If you are in a rush, fry/roast/poach the chicken until it's just barely done and allow it to cool. Cut or shred the chicken and add to a large pot. Cover with 6 cups water. Use 2 cans of Navy beans, strained instead of the dry beans. Add all other ingredients and bring to a boil. Reduce heat and simmer for 1 hour, stirring occasionally.