

## QUICK GREEN CHICKEN CHILI

**Yield:** Serves 4 (serving size: about ¼ cups)



From: Cooking Light

**Nutrition:** 376 calories, 16 g fat, 34 g carbohydrates, 11 g fiber, 27 g protein, 636 mg sodium

### INGREDIENTS:

- 1 1/2 cups unsalted chicken stock, divided
- 2 (15-oz.) cans unsalted Great Northern beans, rinsed, drained, and divided
- 2 tablespoons olive oil
- 1 cup chopped yellow onion
- 1 tablespoon minced garlic
- 1 1/2 teaspoons all-purpose flour
- 1 tablespoon ground cumin
- 2 (4-oz.) cans mild chopped green chiles, drained
- 1/2 teaspoon black pepper, divided
- 1/4 teaspoon kosher salt
- 8 ounces boneless, skinless rotisserie chicken breast, shredded (about 1 cup)
- 2 tablespoons fresh lime juice
- 1/4 cup sliced radishes
- 2 tablespoons light sour cream
- 2 tablespoons fresh cilantro leaves
- 1 ripe avocado, sliced

### DIRECTIONS:

**Step 1:** Place 1/2 cup stock and 1 can beans in a blender, and blend until smooth. Heat olive oil in a large Dutch oven over medium-high. Add onion; sauté 4 minutes. Add garlic; sauté 2 minutes. Sprinkle flour over pan; cook 1 minute. Stir in cumin and chiles; cook 1 minute. Add bean mixture, remaining 1 cup stock, remaining 1 can beans, 1/4 teaspoon pepper, and salt; bring to a boil.

**Step 2:** Reduce heat to medium; simmer 5 minutes or until slightly thickened. Add chicken; cook 2 minutes. Stir in juice. Divide chili among 4 bowls; top evenly with radishes, sour cream, cilantro, avocado, and remaining 1/4 teaspoon pepper.