

White Chicken Chili

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YOU WILL NEED

- 1 tablespoon cooking oil
- 1 medium onion, chopped
- 1 teaspoon garlic powder
- $\frac{3}{4}$ teaspoon ground cumin
- 1 (15½-ounce) can white beans
- 1 cup chopped cooked chicken*
- 1 (4-ounce) can chopped green chile
- 1 cup chicken stock or water
- Tabasco sauce (optional)

*Or substitute 10-ounce can of white chicken breast, drained

WHAT TO DO

1. Heat oil in large skillet over medium heat.
2. Add onion and cook until tender.
3. Add remaining ingredients.
4. Cover, bring to boil and then reduce heat. Simmer for 20 minutes. Add more water if needed.

SHOPPING LIST

Items I need

- Cooking oil
- Medium onion
- Garlic powder
- Ground cumin
- 15 ½-ounce can white beans
- Chicken or 10-ounce can of white chicken breast
- Green chilies
- Chicken stock
- Tabasco sauce (optional)

BE FOOD SAFE

Do not wash chicken. This can spread harmful bacteria in your sink and on countertops. When chicken is cooked adequately, bacteria will be killed.

NUTRITION PER SERVING:

190 calories, 6g total fat, 1g saturated fat, 30mg cholesterol, 550mg sodium, 21g total carbohydrates, 6g dietary fiber, 4g sugars, 18g protein

Beans, peas and lentils are healthy and can save you money.

They have protein for healthy muscles, skin, blood and bones.

They have fiber to help you go to the bathroom regularly and to help fight heart disease and cancer.

They are inexpensive.

Canned beans will last for two years from the day you purchase them. Once you open them, they are good to eat for four days.



Try to eat 1 to 2 cups (or more) of beans, peas and lentils each week.

Some Chicken Nuggets

Did you know?

- Dark meat (thighs and legs) has more calories and fat than white meat (breast).
- Removing the skin from chicken and other poultry before eating saves calories and fat.
- Some poultry products are injected with salt to keep them moist. Read the nutrition label to compare the amount of sodium.
- Chicken and other poultry should be cooked to 165 F to make it safe to eat. Use a food thermometer to check the temperature.

Should I drain and rinse my canned beans?

It depends on how you plan to use them. It is best to rinse and drain them for salads. For soups, stews and dishes like chili, the liquid may help make them thicker and more flavorful.

The thick liquid in canned beans is water, salt and starch from the beans. Regular canned vegetables have more sodium than fresh and frozen with no added sauces. According to a study done by the University of Tennessee, draining canned beans can reduce the sodium by about 36 percent. Both draining and rinsing can reduce sodium by about 41 percent.



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