

## **Chicken and White Bean Chili**

### **Ingredients:**

2 cans white beans, rinsed and drained  
4 cups low-sodium chicken broth  
2 cups water  
1 tablespoon olive oil  
1 rotisserie chicken  
Salt and black pepper to taste  
1 ½ medium Vidalia onions  
4 cloves garlic, chopped  
2 cans green chilies  
2-3 avocados, also used as garnish  
2 tablespoon ground cumin  
1 tablespoon chili powder  
1 tablespoon smoked paprika

### **Preparation:**

Add olive oil to a warm heavy duty 4 quart stock pot medium-high heat. Add onion and garlic and sauté till translucent and fragrant. Add diced rotisserie chicken breast and salt/pepper to taste. Once warmed through stir in broth, beans (reserving 1 cup) green chilies, seasoning and water.

Cook on low for 2-4 hours, stirring occasionally. Add 1 cup beans and avocados to food processor to puree. Stir in puree to thicken chili. Garnish with avocado and low fat sour cream or yogurt and parsley.

### **Nutritional Information:**

Calories 390  
Fat 5 g  
Saturated Fat 1.1 g  
Protein 37 g  
Carbohydrate 18 g  
Fiber 9 g  
Cholesterol 97 mg  
Sodium 458 mg