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 tablespoons 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
- Satfat 1.1 g
- Protein 37 g
- Carbohydrate 18 g
- Fiber 9 g
- Cholesterol 97 mg
- Sodium 458 mg