

Betty's White Bean Chicken Chili



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In this video, Betty demonstrates how to make White Bean Chicken Chili. This recipe uses great northern beans, along with cooked chicken, chopped vegetables, and spices.

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 medium onion, chopped
- ½ green bell pepper, chopped
- ½ red bell pepper, chopped
- 2 cloves garlic, minced
- 3 cups cooked chicken (already salted), shredded or cut into cubes
- (3) 15-oz. cans great northern beans, undrained
- 1 tablespoon chili powder (or more, to taste)
- ½ teaspoon ground cumin (or more, to taste)
- 3 cups water, adding more if needed as chili cooks

In a large Dutch oven, sauté 1 chopped onion, ½ chopped green bell pepper, ½ chopped red bell pepper, and 2 cloves minced garlic in 2 tablespoons olive oil until soft. Add 3 cups cooked, shredded chicken and (3) 14.5-oz. cans undrained great northern beans. Add 3 cups of water and stir until ingredients are well-blended. Bring to a boil over medium heat. Reduce heat to low and cook for about 1 hour. Add water as chili cooks, if needed. Taste for salt, chili powder, and cumin as chili cooks, and add more, if needed. My chili did not need any extra water, salt, chili powder, or cumin. It was delicious! Serve White Bean Chicken Chili with Zesty Pepper-Jack Cornsticks for a hearty and tasty meal. Enjoy!
--Betty ☐