

White Chicken Chili

Family Circle Magazine

Servings: 8

Preparation Time: 10 minutes

Start to Finish Time: 6 hours 10 minutes

Cook time: 6 hours

2 pounds boneless/ skinless chicken thighs
1 large green pepper, seeded and chopped
1 small onion, chopped
1 can (14 1/2 oz) low-sodium chicken broth
1 1/2 cups tomatillo salsa (salsa verde)
2 cans (15 1/2 oz) great northern beans, drained and rinsed
1/2 teaspoon ground cumin
1/4 teaspoon black pepper
1 package (10 oz) frozen corn kernels, thawed
1/4 cup fresh cilantro, coarsely chopped
tortilla chips (optional)

Place chicken thighs in slow cooker and top with green pepper and onion.

In blender, combine chicken broth, salsa and one can of the beans. Puree until smooth. Add to slow cooker, along with cumin and black pepper.

Cover and cook on HIGH setting for 6 hours OR LOW setting for 8 hours. Uncover and remove chicken thighs to cutting board.

Stir corn, remaining can of beans and cilantro into slow cooker.

Shred chicken and return to slow cooker.

Serve with tortilla chips, if desired.

Per Serving (excluding unknown items): 188 Calories; 1g Fat (5.1% calories from fat); 13g Protein; 35g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fat.