

Idiot's Kitchen Recipe – White Bean Chicken Chili

Recipe from www.idiotskitchen.com



Ingredients:

2 Tablespoons Olive Oil – plus extra for cooking the chicken
1 large onion, chopped
5 cloves of garlic, chopped
8 cups chicken broth – homemade or low-sodium store bought
1 pound dried Great Northern Beans – rinsed and picked through
2 (4.5 ounce) cans of chopped green chilies
2 chicken breasts halves - bone in and skin on
1 jalapeno pepper – chopped, seeds and membranes removed
1 heaping Tablespoon chili powder
1 Tablespoon cumin
Salt & Pepper

Heat 2 Tablespoons of Olive Oil in a large pot or Dutch oven. Cook the chopped onion over medium high heat until soft and golden but not browned, about 5 minutes. Add 5 cloves of chopped garlic and cook for 1 minute more. Add 6 cups of chicken broth, 1 pound of Great Northern Beans that have been rinsed and picked through, and 2 cans of chopped green chilies. Bring the pot to a boil and then turn the heat down to low. Cover with a lid and simmer for 1 hour.

While the beans cook, preheat the oven to 375 degrees. Drizzle the chicken breasts with a little olive oil and season generously with salt & pepper. Roast the chicken for 40 minutes or until golden brown and the juices run clear. Set the cooked chicken aside to cool.

When the beans have cooked for an hour, add the chopped jalapeno pepper. If you like things spicy, you can use an extra pepper or include the seeds which contain almost all of the heat. Remove the skin from the chicken, pull the meat away from the bones, and shred the meat into bite sized pieces with your fingers. Add the shredded chicken to the pot. Season with 1 heaping Tablespoon of chili powder and 1 Tablespoon cumin. Add 1 teaspoon each salt & pepper. Add the remaining 2 cups of chicken broth, cover and simmer for at least another hour.

Stir the chili occasionally to prevent sticking. The chili is done when the beans are soft and no longer have any “bite” in the middle. Check the seasonings and adjust to suit your own taste.

Serve topped with cheese, sour cream, or cilantro. Dig in!

Makes a big pot – about 8 servings.