



WHITE CHICKEN CHILI

 8 portions

INGREDIENTS

- 15 oz. can garbanzo beans, drained
- 15 oz. can Northern beans, drained
- 15 oz. can pinto beans, drained
- 10 oz. frozen corn
- 250 grams of chicken breast, deli, rotisserie seasoned, sliced, prepackaged
- 1 chopped red pepper
- 2 cloves of garlic, minced
- 3 tsp. ground cumin
- 1/2 tsp of salt,
- 1/2 tsp, oregano, dried (1 g)
- 1 medium onion chopped
- 1 carton (32 oz) of low-sodium chicken broth

COOKING METHOD

¹⁰ Equipment: Medium pot Instructions: 1. Mix all ingredients in a medium pot and simmer on medium heat for ~20 minutes.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (346 g)	% DRI
ENERGY	63 kcal	219 kcal	11 %
FAT	1 g	3 g	4 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	3 %
CHOLESTEROL	5 mg	16 mg	5 %
SODIUM	326 mg	1127 mg	47 %
CARBOHYDRATE	10 g	35 g	12 %
SUGARS	1 g	3 g	—
FIBER	2 g	8 g	31 %
PROTEIN	5 g	17 g	—