

HEARTY WHITE CHICKEN + STEAK CHILI

This is a delicious, easy to prepare chili made in the Instant Pot. Adjust vegetables and protein based on what you have at home or in the refrigerator.

 20 minutes

 1 hour and 10 minutes

 10 portions

INGREDIENTS

- 1/4 cup canola oil
- 2 cups chopped celery
- 2 cups chopped onions
- 5 cloves fresh chopped garlic
- 1 jalapeno pepper, chopped (keep seeds and pith for spice!)
- 2 teaspoons Kosher salt
- 2 teaspoons freshly ground black pepper
- 1 tablespoon ground cumin
- 1-15 ounce can white beans, drained
- 1-15 ounce can black beans, drained
- 1-4 ounce can green chilies (with liquid)
- 16 ounces lean beef (I used Denver steak), cubed
- 12 ounces boneless, skinless chicken breast, cubed
- 4 cups chicken stock or bone broth
- 4 fluid ounces half & half
- 1 cup shredded white cheddar cheese
- 1 cup shredded Monterey Jack cheese
- 1 bunch cilantro, leaves and stems, rinsed and roughly chopped
- 2 tablespoons vinegar-based hot sauce (Tabasco, Texas Pete, Frank's, etc)

COOKING METHOD

- 1° Turn the Instant Pot to High Saute. Add the canola oil, celery, onions, garlic, and jalapeno pepper, and cook, uncovered, for about 7-10 minutes until softened. Season with salt, pepper, and cumin.
- 2° Add the white beans, black beans, green chilies, chicken, steak, and stock, and stir to combine. Turn the setting to High Pressure and set the timer for 20 minutes. Close and cook.
- 3° Once the timer goes off, release the steam and remove the lid. Adjust the setting back to High Saute and cook, uncovered, for an additional 20 minutes to help reduce the cooking liquid (this step is optional, depending on how thick you want the soup).
- 4° Adjust the setting to Warm, stir in the cheeses, half and half, cilantro, and hot sauce. Enjoy!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (352 g)	% DRI
ENERGY	135 kcal	475 kcal	24 %
FAT	6 g	22 g	34 %
FATTY ACIDS, TOTAL SATURATED	2 g	8 g	41 %
CHOLESTEROL	24 mg	85 mg	28 %
SODIUM	301 mg	1057 mg	44 %
CARBOHYDRATE	10 g	36 g	12 %
SUGARS	1 g	5 g	—
FIBER	2 g	8 g	31 %
PROTEIN	10 g	34 g	—