

## White Chicken Chili

1-1 1/2 boneless, skinless chicken breasts  
1 large onion, chopped (about 1 cup)  
2 cloves garlic, minced  
1 can (14 oz) chicken broth  
1 tsp. ground cumin  
1 tsp. dried oregano leaves  
1/2 tsp. salt  
1/4 tsp. red pepper sauce  
2 cans (15.8 oz size) great northern beans  
1 can (15.25 oz size) corn (chickpeas may be substituted)  
2 Tbsp. Fresh cilantro, chopped

Place chicken, onion, garlic, broth, cumin, oregano, salt, and red pepper sauce in a large pot. Add water to cover chicken. Cook on medium heat until chicken done. Use a meat thermometer in the largest part of the breast to insure that a safe temperature of 180° is reached. Remove chicken from the pan, shred and return to the pot. Add beans, cilantro and additional water if needed. Cook for an additional 20 minutes and serve. Makes 12 servings.

Nutrition information per serving: 150 calories, 23 grams protein, 3 grams fat, 17 grams carbohydrate, 466 mg sodium.