



White Bean Chicken Chili

- 2tbl. Haberno olive oil
- 1 lrg. onion chopped
- 4 garlic cloves, minced
- 2 lbs. small chopped pieces chicken
- 1 tsp. hickory balsamic vinegar
- 1 tsp. salt
- 2 tbl. ground cumin
- 1 tbl. fennel seeds
- 1 tbl. dried oregano
- 2 tsp. chili powder
- 3 tbl. flour
- 2 (15 ounce cans) cannellini or other white beans rinsed and drained
- 1 bunch Swiss chard stems removed leaves chopped into 1- inch pieces. (Optional)
- 1/1/2 cups frozen corn, thawed
- 4 cups low sodium chicken stock
- 1/4 tsp. crushed red pepper flakes
- 1 tsp. freshly ground black pepper for seasoning
- 1 cup grated cheddar cheese
- 1/4 cup chopped fresh cilantro or parsley.
- 1 avocado chopped (small amount lemon juice, squeezed over avocado.
- Tortilla Chips

In Dutch oven, heat the oil over medium-high heat. Add the onion and cook until translucent, about 5 minutes. Add the garlic and cook for 30 seconds. Pour hickory balsamic vinegar over the chopped chicken and stir into chicken, add to pot. Add 1 teaspoon salt, cumin fennel seeds, oregano, and chili powder. Cook, stirring frequently until the chicken is cooked through, about 8 minutes. Remove from heat. Stir the flour into the chicken mixture. Add the beans, Swiss chard, (you can eliminate the Swiss chard if not to your liking) corn and chicken stock. Bring the mixture to a simmer, scraping up the brown bits that cling to the bottom of the pan with a wooden spoon. Simmer for 60 minutes until the liquid has reduced by about half and the chili has thickened. Add the pepper flakes and simmer for another 10 minutes. Ladle the chili into serving bowls. In small bowls serve chopped avocado, cilantro, sour cream. Mexican style chips.