

White Chicken Chili

4 1/2 to 5lbs of boneless chicken breasts
1 Tbsp extra virgin olive oil
2 medium onions, chopped
4 cloves garlic, minced
2 (4 ounce) cans chopped mild green chiles, undrained
2 tsp ground cumin
1.5 tsp dried oregano, crumbled
1/4 tsp ground red cayenne pepper
3 (15-16 ounce cans) Great Northern beans, undrained
6 cups chicken broth
3 cups grated Monterey Jack cheese
Salt
Ground Black Pepper

Place chicken in a large saucepan. Add cold water to cover and bring to a simmer. Cook until just tender, about 15 minutes. Drain and let cool then cut chicken into cubes.

Add extra virgin olive oil to same pot over medium high heat. When oil is hot add onions and saute into translucent, about 10 minutes. Stir in garlic, then chiles, cumin, oregano and cayenne; saute 2 minutes.

Add beans and their liquid and chicken broth; bring to a boil. Reduce heat and add chicken and cheese. Stir until cheese melts. Season to taste with salt and pepper.

Notes: Add chicken broth gradually because sometimes using all 6 cups can make chili too thin. Add cheese after adding broth and thin chili with remaining broth if necessary. Add a teaspoon of coriander and 2 teaspoons of chili powder to suit your taste.

Makes 12 (1 cup) servings

Grilled Chicken and Bean Salad

1 can (16oz) whole green beans, drained
1 can (15oz) garbanzo beans, drained
1 can (15oz) kidney beans, drained
2 grilled chicken breast, chopped
1 can (12oz) whole-kernel corn, drained
1 medium red onion, chopped
1 cup fat-free French dressing

Cook and chop the chicken and then mix the beans, corn, onion, and chicken together. Pour in the 1 cup of fat-free French Dressing and you are finished. You now have an excellent meal that is portable and can be eaten cold or hot. It tastes great both ways.