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This recipe should take you about 30 minutes of active cooking time. Make a salad and toast up some bread or warm tortillas while the chili is simmering. (Gluten-free)

White Chicken Chili (Serves 6, so plenty of leftovers)

1 lb boneless, skinless chicken breast, cut into ½” cubes
1 onion, chopped
2 tsp garlic powder
1 Tbsp rice bran oil or other vegetable oil
2 cans (15 oz) cannellini or great Northern beans, drained and rinsed
2 c low-sodium chicken broth
2 Anaheim peppers, prepared per recipe (or sub. 7 to 8 oz canned chopped green chiles)
1 tsp Kosher salt
1 tsp cumin
1 tsp dried oregano, crushed
½ tsp black pepper
¼ tsp cayenne pepper
1 tsp ancho or dark chile powder
1 c light sour cream
½ c heavy whipping cream
Shredded cheddar cheese, chopped onion, minced jalapeño pepper, chopped cilantro--garnish

1. Cut chicken breast(s) into ½” cubes and set aside.
2. Roast the Anaheim peppers over a gas flame or under a broiler until well charred. Place in a paper bag for 10 minutes, then rinse off skin. Remove stem and seeds and dice the chili. Set aside.
3. Heat a large saucepan over medium high heat. Add the oil, chicken and onion, and sauté until the chicken is no longer pink.
4. Add the beans, broth, chilies, and seasonings. Bring to a boil, then reduce the heat to a simmer and cook, uncovered, for 30 minutes.
5. Remove the chili from the stovetop and stir in the sour cream and cream. Taste and add more salt, pepper or spices as desired. Serve warm with garnishes.

Shopping List:

1 lb boneless, skinless chicken breast 15oz can or 32oz low sodium chicken broth
2 (15 oz) cans cannellini beans or Great Northern beans
2 fresh Anaheim peppers OR 7 to 8 oz can chopped green chilies
Low-fat (“light”) sour cream (Daisy, Organic, Knudsen—look at ingredients!)
½ pint heavy whipping cream (use the rest for whipped cream on top of fruit)
Cheddar cheese, jalapeño, cilantro or desired garnish

Pantry essentials: rice bran oil (available at Pans on Fire), fresh yellow onion, garlic powder, dried oregano, ground cumin, ground cayenne pepper, dried ancho or dark chile powder, kosher salt, black pepper.

Equipment: 3 qt covered saucepan, cutting board and chef’s knife, prep bowls, measuring spoons and cups, high heat spoon(s) for cooking