

White Chili

3 15 oz cans great northern beans, drained
2 4oz chicken breasts
1 cup chopped onions
1 ½ cup chopped yellow, red, or green bell peppers
1 can green chili peppers (optional)
2 garlic cloves, minced
2 tsp ground cumin
½ tsp salt
½ tsp dried oregano
1 ½ cup low sodium chicken broth
1 cup water
Low fat sour cream
Low fat cheese
Baked tortilla chips

Combine all ingredients except sour cream, cheddar cheese and tortilla chips in slow cooker. Cover. Cook on low 8 to 10 hours. Ladle into bowls and top servings with sour cream, cheese and chips (if desired).

Calories Fat Carbohydrate Fiber Protein Sodium