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Creamy White Chicken Chili

Recipe perks:

- A lighter alternative to traditional beef-based chili
- Packed with lean protein from chicken
- Includes fiber-rich beans and corn
- Creamy and comforting without feeling overly heavy
- Easy one-pot meal—great for busy fall evenings

Servings: 6
Prep Time: 15 minutes
Cook Time: 35 minutes

Ingredients

- 1 small yellow onion , diced
- 1 tbsp olive oil
- 2 cloves garlic , finely minced
- 2 (14.5 oz) cans low-sodium chicken broth
- 1 (7 oz) can diced green chilies
- 1 1/2 tsp cumin
- 1/2 tsp paprika
- 1/2 tsp dried oregano
- 1/2 tsp ground coriander
- 1/4 tsp cayenne pepper
- salt and freshly ground black pepper , to taste
- 1 (8 oz) pkg Neufchatel cheese (low-fat cream cheese) cut into small cubes, softened
- 1 1/4 cup frozen or fresh corn
- 2 (15 oz) cans cannellini beans
- 2 1/2 cups shredded cooked rotisserie
- 1 Tbsp fresh lime juice
- 2 Tbsp chopped fresh cilantro, plus more for serving
- Optional: Tortilla chips or strips, Monterrey jack cheese, sliced avocado for serving

Directions

1. Heat olive oil in a large pot over medium-high heat. Add onion and sauté 4 minutes. Add garlic and sauté 30 seconds longer.
2. Add chicken broth, green chilies, cumin, paprika, oregano, coriander, cayenne pepper and season with salt and pepper to taste. Bring mixture just to a boil then reduce heat to medium-low and simmer 15 minutes.
3. Drain and rinse beans in a fine mesh strainer or colander. Transfer 1/2 of beans to a food processor along with broth mixture. (Note: If using immersion blender, add 1/2 of the beans into the pot directly and blend.)
4. Add Neufchatel cheese to soup along with corn and the remaining whole beans and stir well. Simmer 5 - 10 minutes longer.
5. Stir in chicken, fresh lime juice and cilantro. Serve with Monterrey Jack cheese, more cilantro, avocado slices and tortilla chips if desired.

Tips

- For a smoother texture: Soften the cream cheese, then blend it with half of the beans and broth mixture using a food processor or immersion blender. This helps create a creamy consistency and reduces curdling.
- No blender available? Use a potato masher to mash some of the beans directly into the broth mixture. This will naturally thicken the chili and give it a creamier texture.
- Boost the nutrition: Serve with fresh avocado, cilantro, or extra vegetables such as diced bell peppers or spinach for added fiber, vitamins, minerals, and healthy fats.