

WHITE BEAN CHICKEN CHILI

Presented by Cheryl Williams-Halstead CT, LLC

INGREDIENTS:

- ½ package of low-sodium bacon
- 1 large onion
- 1 yellow pepper
- 1 orange pepper
- 2 jalapenos (seeds removed)
- 2 cloves of garlic minced
- 2 cans small white beans
- 1 can of corn
- 3 cups sodium-free chicken broth
- 1 cup half and half
- 1 Rotisserie whole chicken (skin removed and cubed)
- Salt & pepper
- 1 Tbs garlic powder
- 1 Tbs onion powder
- 2 tsp ground mustard
- 2 tsp cumin
- 1 Tbs Emril's original essence
- Grated monterrey jack cheese

DIRECTIONS:

Cook ½ package of diced bacon in large iron pot with a little oil. Drain on plate with paper towels and set aside. Discard ½ bacon grease, leave rest in pot to cook veggies.

Chop onion, peppers, jalapenos and garlic. Cook in pot on medium heat for about 10-15 minutes until soft.

Remove meat from chicken and cube. Season with Emril's original essence. Set aside.

Add garlic powder, onion powder, ground mustard and cumin to veggies in pot. Then add corn, beans and chicken.

Add chicken broth and bring to a boil.

Then, turn heat down to simmer. Add bacon and half and half for desired consistency and simmer for 45 minutes-1 hour stirring occasionally.

Can be served with grated monterrey jack cheese and Fritos if desired.