

Cozy and Quick White Chicken Chili

Adapted from Bon Appetit, March 1, 2023

TOTAL TIME: 40 minutes

Ingredients

4 servings, easily *doubled*

		Cost (not doubled)
3	Tbsp. unsalted butter	\$.38 Trader Joes
2	Tbsp. extra-virgin olive oil	\$.40, Costco
1	medium onion, finely chopped	\$ 1.19, Trader Joes
4	garlic cloves, thinly sliced or minced	\$.25, Trader Joes
1	lb. ground chicken	\$ 4.49, Trader Joes (\$9 Whole Foods)
	<i>or 1 lb. chicken breast</i>	\$ 5.99, Whole Foods
	<i>or 1/2 rotisserie chicken</i>	\$ 4, Whole Foods (\$3 on Tuesdays)
1½	tsp. salt	\$.10, Amazon
1	tsp. chili powder	\$.10, Desi Brothers (Bloomington)
1	tsp. ground cumin	\$.10, Desi Brothers (Bloomington)
½	tsp. ground coriander	\$.05, Desi Brothers (Bloomington)
½	tsp. freshly ground pepper	\$.05, Desi Brothers (Bloomington)
2	4-oz. cans diced green chiles	\$ 2.58, Trader Joes
	<i>or 5-10 fresh minced serrano peppers</i>	\$.86, Fresh Thyme
2	15.5-oz. cans white beans, rinsed (<i>Cannellini</i>)	\$ 5.16, Whole Foods
3	cups low-sodium chicken broth	\$ 3.00, Costco
1	Bag, frozen corn kernels	\$ 3.29, Whole Foods
	Total Cost, as prepared	~ \$21 for 4, about \$5 per serving

Optional: Corn (frozen), Sliced avocado, sour cream, cilantro leaves, sliced jalapeños, corn chips, and lime wedges (for serving)

Preparation (per Bon Appetit)

Step 1: Heat 3 Tbsp. unsalted butter and 2 Tbsp. extra-virgin olive oil in a large Dutch oven or other heavy pot over medium-high until butter is melted. Cook 1 medium onion, finely chopped, and 4 garlic cloves, thinly sliced, stirring occasionally, until onion is softened, 4–6 minutes. Add 1 lb. ground chicken, preferably dark meat, 1½ tsp. Diamond Crystal or 1 tsp. Morton kosher salt, 1 tsp. chili powder, 1 tsp. ground cumin, and ½ tsp. ground coriander; season with freshly ground pepper. Cook, stirring often and breaking up chicken with a wooden spoon, until combined and chicken is no longer pink, 3–4 minutes. Add two 4-oz. cans of diced green chiles and cook, stirring often and continuing to break up chicken, until chicken is cooked through, 2–3 minutes.

Step 2: Add two 15.5-oz. cans of white beans, rinsed, and 3 cups of low-sodium chicken broth to the pot and bring to a boil. Reduce heat and simmer, stirring occasionally and mashing some of the beans with a spoon, until flavors are melded and chili is slightly thickened, 8–10 minutes. Taste and season with more salt and pepper if needed.

Step 3: Divide chili among bowls and top with sliced avocado, sour cream, cilantro leaves, sliced jalapeños, and corn chips. Serve with lime wedges for squeezing over.

Supplies for Cooking

Dutch oven, knife, cutting board, Mini food processor, mini chopper, spatula, 1 tsp measuring spoon, mortar & pestle, can opener, colander, measuring cup.

How To Boil Chicken

BY **MAKINZE GORE** UPDATED: OCT 10, 2024

 **APPROVED BY THE DELISH TEST KITCHEN**

YIELDS:

6 serving(s)

PREP TIME:

5 mins

TOTAL TIME:

30 mins

CAL/SERV:

187


Ingredients

4 (6- to 8-oz.) boneless, skinless chicken breasts

4 c. low-sodium chicken broth or water

Kosher salt

Freshly ground black pepper

[See All Nutritional Information](#) 

Directions

Step 1

In a large pot over medium-high heat, place chicken. Pour broth over chicken to cover; generously season with salt and pepper.

Step 2

Bring to a boil, then cover and reduce heat to medium. Let simmer until chicken is cooked through (an instant-read thermometer inserted into thickest part of breast should register 165°), about 10 minutes.

Step 3

Transfer chicken to a cutting board and let rest 10 minutes. Shred chicken with 2 forks.

