

# White Chicken Chili

Yield: 8 servings

## Ingredients:

- 48 oz. can (or 3 - 15 oz. cans) great northern beans (drained and rinsed)
- 24 oz. thick & chunky salsa
- 16 oz. (or 1 lb.) chicken breast
- 2 cups (16 oz.) chicken broth
- 1 cup water

## Directions:

1. Cook chicken in broth
2. Remove and dice into 1 oz. pieces, put back into broth
3. Add water, beans & salsa
4. Simmer for 1 hour
5. Serve with low-fat cheddar cheese and fat-free sour cream as desired

*Continued*

**Nutrition Facts:** (Per serving)

Calories: 288

Fat: 4g

Sodium: 1000mg

Carbohydrates: 32g

Dietary Fiber: 12g

Protein: 27g



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