



White Chicken Chili

10 1-cup servings

Ingredients

- 3 chicken breasts, skin removed**
- 3 cups water**
- 2 chicken bouillon cube, low sodium**
- 1 12 oz. bottle salsa**
- 2 cans Northern Beans, rinsed and drained**
- 1 teaspoon cumin**
- 1 can corn, drained**
- 1 cup shredded cheddar cheese (divided)**

Instructions

1. To cook chicken breasts, place 3 cups water and 2 chicken bouillon cubes in large sauce pan and bring to a boil. Add chicken breasts and reduce heat to low. Simmer for 15 minutes and remove chicken from pan. Allow to cool enough to handle, and chop into bite size pieces.
2. Add chicken back to pan of broth along with remaining ingredients **except** cheese. Turn heat to medium low and simmer for 20 minutes.
3. Add ½ cup cheese, stir until melted. Turn heat to low.
4. Serve.

Nutrition Facts

Serving Size (223g)			
Servings Per Container			

Amount Per Serving			
Calories	190	Calories from Fat	20

% Daily Value *			
Total Fat	2.5g		4%
Saturated Fat	0g		3%
Trans Fat	0g		
Cholesterol	30mg		10%
Sodium	280mg		12%
Total Carbohydrate	23g		8%
Dietary Fiber	7g		28%
Sugars	2g		
Protein 18g			
Vitamin A	45%	Vitamin C	6%
Calcium	2%	Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat	9	Carbohydrate	4
		Protein	4

Source: Eating Right is Basic recipe set from Michigan State University Extension Family and Consumer Sciences



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