

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



For the Win: White Chicken Chili

Serves 8 - 10

Some might argue that a “white” chili is not a chili...But, given the broad definition of chili, we are choosing to go with it. Whatever you want to call it, it’s delicious! Filled with fresh and aromatic flavors - this chili is on the healthier side with a thickening trick of using pureed white beans. Don’t be afraid to load up on the garnishes; they add a lot to the final presentation and taste.

Ingredients:

1 lb. dried white beans
(Great Northern or Navy,
about 5 cups cooked, or
(3) 15 oz. cans white beans)
1 large onion, diced
4 jalapeño peppers, diced
1 diced poblano pepper, diced
2 stalks celery, diced
4 cloves garlic, minced
1 tablespoon cumin
1 teaspoon ground coriander
1/2 teaspoon dried oregano
2 teaspoons Kosher salt
1/4 teaspoon pepper
4 cups chicken broth
1 bay leaf
4 large boneless chicken breasts
(about 2 lbs.)
2 cups frozen corn kernels
1 cup whole milk
4 scallions, sliced thinly

Garnishing Options: Grated Pepper Jack cheese, sour cream, scallions, lime wedges, avocado, tortilla chips, hot sauce, cilantro

Directions:

1. NOTE: If using dried beans, soak them overnight, and simmer for one hour to cook prior to making the soup.)
2. In a large slow cooker, add the diced celery, onion, garlic, poblano pepper, jalapeño pepper, spices and chicken. Add the broth, and cover.

Continued on Page 2

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Page 2, continued

3. Set the slow cooker to the high setting and cook for 4 hours.
4. With about 30 minutes remaining, in the slow cooker, remove the chicken breasts and shred apart with two forks. Return the chicken to the broth.
5. Add the corn to the pot and half of the cooked (or canned) white beans to the soup.
6. Puree the other half of the cooked white beans with the milk in a blender, or in a deep bowl with an immersion blender until smooth; add to the chicken and broth.
7. Stir in the scallions when ready to serve. Adjust seasonings to taste. Serve with your favorite garnishes.