

White Bean Chili

1 pound dry Great Northern Beans
8 cups water
2 pounds chicken breasts
4 medium onions
4 cloves garlic
 $\frac{1}{2}$ teaspoon salt
1 teaspoon pepper
2 (4 ounces each) cans chopped mild green chilies
2 teaspoons ground cumin
1 teaspoon oregano
Optional toppings: fat free sour cream or salsa, dash of red pepper sauce, or 1 tablespoon shredded Monterey Jack cheese

Makes 10 portions, 1 cup each

Per portion

Calories:	287
Carbohydrate:	35 grams
Protein:	32 grams
Fat:	2 grams
Saturated fat:	0
Cholesterol:	53 milligrams
Sodium:	274 milligrams
Dietary fiber:	11 grams

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1. Sort and wash beans. Place beans in a large soup pot. Cover with water to a depth of 2 inches above the beans and soak overnight.
 2. Cut 2 onions into quarters.
 3. Skin chicken if not using skinless chicken.
 4. Combine chicken with onion quarters and 8 cups water to cover in an 8 quart pot.
 5. Bring to a boil and reduce heat. Simmer for 20 to 30 minutes or until the chicken is tender. Strain and SAVE 6 CUPS LIQUID AND ONIONS.
 6. Cool, de-bone chicken, if needed, and shred the chicken.
 7. Chop remaining 2 onions.
 8. Mince garlic.
 9. Drain beans that soaked overnight.
 10. Add beans (drained from water that was soaked overnight), chopped onion, garlic, salt, pepper, chilies, cumin, and oregano to the saved cooking liquid.
 11. Simmer for $1\frac{1}{2}$ to 2 hours or until the beans are tender. Add chicken and cook until heated thoroughly.
 12. Sprinkle each serving with optional toppings.
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