# WHITE CHICKEN CHILI WITH LIME & CILANTRO

## mimibarnesCREATIVE



#### **INGREDIENTS:**

- 4-5 Chicken Breast Halves cut in small cubes
- 1/2 Cup Flour
- 2 Cups Chopped Sweet or White Onion
- 3 Garlic Clove, Chopped
- 1 Reg Size Can of Shoepeg Corn
- 1 Med Can of Green Chilies (Hot Or Mild)
- 1 Can of Cannellini Beans (this is the only can I rinse well)
- 2 Tsp Cumin
- 4-5 Cups Chicken Stock
- 1/4 Cup Chopped Fresh Cilantro Chopped
- 1/2 -1 whole Lime
- · Salt and Pepper to Taste

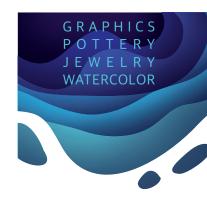
#### **GARNISH OPTIONS:**

- Tortilla Chips or Strips
- Monterey Jack Cheese (or your favorite white cheese)
- Sour Cream
- Cilantro Leaves
- · Lime Wedges

### **DIRECTIONS:**

- 1. Dredge the chicken in the flour and sear in hot skillet with a little oil. (Flip after 2-3 minutes it won't be completely cooked through, but brown)
- 2. Remove chicken and set aside
- 3. Sautee onion and garlic on med to low heat in same pan
- 4. Add the can of corn, chilis and rinsed beans
- 5. Add the rest of the ingredients including the chicken.(The flour from the dredging will help thicken the chili)
- 6. Simmer for 20 min.
- 7. Garnish as desired
- 8. ENJOY!

NOTES: I credit my sister for this recipe, but have since made it my own. You may skip the dredging to save on calories, but the chili will be more soup-like. It's love at first BITE!



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