

Creamy White Chicken Chili (Jordosworld.com)

2lbs. chicken tenderloin, cooked & shredded
1 onion, diced (150 g)
1 large bell pepper, diced (150 g)
4 cloves garlic cloves, minced (28 g)
2 cans green chilies (4 oz each)
1 c. green salsa (240 g)
2 cans great northern beans, drained & rinsed (15 oz each)
1 box low-sodium chicken broth (32 oz)
1 block Neufchatel cheese (8 oz)
1 t. chili powder
½ t. cumin
½ t. paprika
½ t. salt
¼ t. pepper
Optional toppings: shredded cheese, tortilla chips, avacados

1. Chop the onion, garlic, and bell pepper. Set aside.
2. Measure all the spices. Set aside
3. Heat a large dutch oven over medium heat.
4. When the dutch oven is hot, coat well with cooking spray.
5. Add pepper, onion, garlic and seasonings to the dutch oven. Stir frequently.
6. Cook for about 5 minutes, until the vegetables start to soften.
7. Add the block of Neufchatel cheese to the dutch oven. Crush the block of chees and help the melting process. Stir around until creamy and melted, about 2 minutes.
8. Pour the cans of northern beans, green chilies, salsa, chicken broth, and cooked chicken into the dutch oven.
9. Cook for about 15-20 minutes, until the mixture is heated well.
10. Serve in bowls with cheese, tortilla chips and avocado.

Notes:

Serving size is about 1½ cups or 440 grams.