

Skinny White Chicken Chili (LillieEatsAndTells)

3 (380g) medium bell peppers, diced
2 (540g) medium onions, diced
2 (355g) medium zucchinis, chopped
5 cloves minced garlic
1 T. cumin
8 oz 2 small cans mild diced green chilis
400g. green enchilada sauce
550g rotisserie chicken, about 1¼ lb, shredded
3 c. chicken stock
¼ c. (44g) greek yogurt cream cheese
128g frozen roasted corn
Salt and pepper to taste

1. Heat a large pot over medium, high heat, spray with cooking spray.
2. Add peppers, onions, and zucchini. Sprinkle with a hefty pinch of salt and cook for 5-7 minutes until soft.
3. Stir in garlic and cumin and sauté for a few more minutes, then add green chilis, green enchilada sauce, chicken stock and chicken. Sprinkle a little salt on the chicken. Turn to low and simmer for about 15 minutes or until you're ready to eat.
4. Stir in Greek yogurt cream cheese and corn. Simmer for five more minutes, just until corn is no longer frozen.
5. Top with cheese, sour cream, avocado, fresh cilantro, lime, tortilla chips.