

## Chicken and White Bean Chili

### Chicken

½ lb. boneless, skinless chicken breast  
Water to cover  
4 black peppercorns

### Soup

1 Tbsp. olive oil  
1 cup chopped onions (about 1 onion)  
2 garlic cloves, minced  
2 tsp. ground cumin  
1½ tsp. dried oregano  
1 tsp. chili powder  
1 tsp. ground coriander  
1/8 tsp. ground cloves  
¼ tsp. cayenne  
2 (14.5 oz.) cans navy beans, drained and rinsed  
1 (4 oz.) can diced green chilies  
3 cups low-fat, reduced-sodium chicken broth  
½ cup reduced-fat Monterey Jack cheese  
Salt and fresh-ground pepper to taste

6 servings

**Serving size:** 1 cup

**Preparation time:** 15 minutes

**Cooking time:** about one hour

1. To poach the chicken, place the chicken breasts in a skillet with a tight-fitting lid. Add water to cover the top of the chicken, and add the peppercorns. Bring the water to a boil. Lower the heat to simmer, cover, and let the chicken poach for about 8 to 10 minutes or until chicken is completely cooked through and no traces of pink remain. Leave the chicken in the pan until the chicken is lukewarm. With a slotted spoon, remove the chicken from the skillet, and place on a plate. Set aside.

2. Heat the oil in a stockpot over medium-high heat. Add the onions and garlic, and sauté for about 6 minutes or until onions are translucent. Add the cumin, oregano, chili powder, coriander, cloves, and cayenne, and sauté for 2 minutes. Add in the beans, chilies, and broth, and bring to a boil. Lower the heat, and simmer for 20 minutes.

3. Dice the chicken breast, and add it to the soup. Heat for 5 minutes. Remove the pan from the heat, and add the cheese. Adjust the seasoning with salt and pepper. Divide into bowls and top each with some parsley.

### Nutrition facts

Starch exchanges 1

Vegetable exchanges 1

Lean meat exchanges 2

Fat exchanges 0.5

### Amount per serving

Calories 225

Calories From Fat 55

Total Fat 6 g

Saturated Fat 1.8 g

Trans Fat 0 g

Cholesterol 30 mg

Sodium 545 mg (without added salt)

Total Carbohydrate 25 g

Dietary Fiber 6 g

Sugars 4 g

Protein 19 g