



WESTERN WISCONSIN HEALTH

WHITE CHICKEN CHILI (GLUTEN FREE)

- 2 lbs. boneless, skinless chicken breast, cubed, or ground chicken
- 1 C. onion, chopped
- 1 C. green bell pepper, chopped
- 1 C. red bell pepper, chopped
- 2 C. fresh or frozen corn
- 2 garlic cloves, minced
- 2 T. olive oil
- 2 tsp. cumin
- 1 tsp. oregano
- 1 tsp. coriander
- 1 tsp. salt
- 2-15 oz. cans cannellini or Northern beans
- 2 C. chicken broth, preservative free
- 1/4 C. sour cream (or for a dairy free substitute, use coconut milk)

If using ground chicken, brown in 1 tablespoon of olive oil in a 2-quart saucepan, then drain. Combine all ingredients in slow cooker and stir. Cover and cook on low for 4 to 6 hours.

NUTRITION FACTS: Serving size: 1 1/2 cup per serving, 6 servings

Nutrition Facts	
Serving Size (506g)	
Servings Per Container	
Amount Per Serving	
Calories 400	Calories from Fat 80
<hr/>	
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 1250mg	52%
Total Carbohydrate 37g	12%
Dietary Fiber 10g	40%
Sugars 5g	
Protein 46g	
<hr/>	
Vitamin A 25%	• Vitamin C 90%
Calcium 8%	• Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	