

# White Bean and Chicken Chili

## YIELD: 6 SERVINGS

Gluten-free  
Dairy-free  
FODMAP friendly

## RECIPE CUSTOMIZATION

To make it dairy-free, omit Greek yogurt or replace with Tofutti

To make it gluten-free, replace all-purpose flour with a gluten-free version

To make it low-FODMAP, omit onion and garlic, cut the quantity of beans in half, garnish lightly with Greek yogurt

## INGREDIENTS

2 lbs chicken breast, ½ inch cubes  
3 Tbsp flour, all purpose  
1 tsp salt, kosher  
3 Tbsp avocado oil  
1 onion, small dice  
1 red bell pepper  
3 cloves garlic, minced  
1 Tbsp chili powder  
1 tsp cumin, ground  
½ tsp coriander, ground  
½ tsp oregano, dry  
15 oz white beans  
28 oz diced tomatoes  
1 chipotle pepper, canned in adobo sauce  
1 orange, zested and juiced  
1 cup Greek yogurt  
½ cup cilantro, rough chopped

## DIRECTIONS

1. In a mixing bowl, toss the chicken (2 lbs), flour (3 Tbsp), and salt (1 tsp) to coat evenly.
2. Heat avocado oil (3 Tbsp) in a large Dutch oven over medium heat.
3. Add chicken, and brown well on all sides. Leaving the oil in the pan, remove the chicken and set aside.
4. Add the onion and bell pepper and cook for about five minutes, until the vegetables are soft. Stir occasionally and gently scrape the browned bits from the bottom of the pan.
5. Add the garlic (3 cloves), chili powder (1 Tbsp), cumin (1 tsp), coriander (½ tsp), and oregano (½ tsp). Continue to cook for another three minutes while stirring frequently.
6. Add beans (15 oz), tomatoes (28 oz), chipotle, and orange zest along with the reserved chicken breast.
7. Bring up to a simmer. Cook gently for 20–30 minutes.
8. Taste and adjust salt as needed to suit your taste.
9. Serve with a dollop of yogurt and sprinkle of cilantro.



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### NUTRITION FACTS

Serving size 1 (17.2oz)

Amount Per Serving	487g
<b>Calories</b>	<b>509</b>
	<b>% Daily Value</b>
<b>Total Fat 13.6g</b>	<b>21%</b>
Saturated Fat 2.6g	13%
<b>Cholesterol 131mg</b>	<b>44%</b>
<b>Sodium 949mg</b>	<b>40%</b>
<b>Total Carbohydrate 37g</b>	<b>12%</b>
Dietary Fiber 8g	32%
Sugars 12g	
<b>Protein 60g</b>	<b>120%</b>
Vitamin A	31%
Vitamin C	98%
Calcium	20%
Iron	36%