

White Chili

Libby

2 lbs dried great northern white beans

1 1/2 c diced onion

1 Tbsp vegetable oil

1 Tbsp ground oregano

2 tsp ground cumin

1 1/2 tsp seasoned salt

1/2 tsp cayenne pepper

4 1/2 qts chicken broth

refrigerate - skim
off fat.

2 garlic cloves, minced

8 ⁴⁻⁶boneless cubed breast halves

2 ^{4oz}cans chopped green chilies

2 15oz cans blackbeans-drained

1 14 ³/₄ oz Campbell's black bean
soup

1 can green chilis

2 Tbsp chopped fresh cilantro

Place beans in saucepan, cover with water and bring to a boil. Boil 2 min. Remove from heat and soak 1 hour—drain and rinse. In a 5 qt pan saute onion in oil until tender. Combine seasonings,

add half to onions. Sauté 1 min. Add beans, broth and garlic; bring to a boil, reduce heat, simmer 2 hrs. Coat chicken with remaining seasoning mixture; place in a 7x3 pan. Bake @ 350° for 15 min. or until juices run clear, add to beans. Stir in green chilis.

Simmer 1½ - 2 hours
yeld 20 (1cup) servings

Each serving 169 calories - 3gm fat