

# Recipe

## Featured Recipe

### Creamy White Chili with Cream Cheese

6 Servings



#### INGREDIENTS

- 2 (15 oz.) cans no-salt-added great northern beans, rinsed, divided
- 1 tbsp. canola oil
- 1 lb. boneless, skinless chicken thighs, trimmed and cut into bite-size pieces
- ¼ tsp. salt
- 1 ½ cups chopped yellow onion (1 medium)
- ¾ cup chopped celery (2 medium stalks)
- 5 cloves garlic, chopped (2 tbsp.)
- 1 tsp ground cumin
- ¼ tsp salt
- 3 cups unsalted chicken stock
- 1 (4 oz.) can chopped green chiles
- 4 oz. reduced-fat cream cheese
- ½ cup loosely packed fresh cilantro leaves

#### DIRECTIONS

1. Mash 1 cup beans in a small bowl with a whisk or potato masher.
2. Heat oil in a large heavy pot over high heat. Add chicken; cook, turning occasionally, until browned, 4 to 5 minutes. Add onion, celery, garlic, cumin and salt. Cook until the onion is translucent and tender, 4 to 5 minutes.
3. Add the remaining whole beans, the mashed beans, stock and chiles. Bring to a boil. Reduce heat to medium and simmer until the chicken is cooked through, about 3 minutes. Remove from heat; stir in cream cheese until melted. Serve topped with cilantro.

#### NUTRITION

**Per serving:** Each serving contains about 319 calories, 23g protein, 29g carbohydrates, 9g dietary fiber, 12g fat (3g saturated), 60mg cholesterol, 140mg calcium, 3mg iron, 64mg magnesium, 662mg potassium, 328mg sodium

Source: <http://www.eatingwell.com/recipe/269831/creamy-white-chili-with-cream-cheese/>

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