

Low-Point White Bean Chicken Chili

Ingredients:

- 1 Tbs olive oil
- 1/2 cup chopped onions
- 1/2 Tbs minced garlic
- 1/4 cup chopped carrots
- 1 lb boneless, skinless chicken breast
- 2 large tomatoes, chopped
- 1/4 cup Rotel sauce
- 1 Tbs minced green chiles
- 1 cup 100% fat-free chicken broth
- 1, 15.5 oz. can Great Northern Beans
- 1, 10 3/4 oz. cream of chicken soup
- 1 1/2 tsp. chili powder
- 2 tsp. cumin
- 2 tsp. oregano
- 1/4 tsp. pepper
- salt to taste (optional)

Heat oven to 400 degrees. Place chicken breast in a baking dish and bake for 12 to 14 minutes. (Chicken may not be all the way done but will finish cooking in the skillet). Remove, let cool slightly, and cut chicken into little bite-sized pieces. Set aside. In a large skillet, heat olive oil over medium-high heat. Add onions, garlic, and carrots and saute' for about 3 minutes, stirring frequently. Add chicken, tomatoes, Rotel sauce, green chiles, and chicken broth. Cook for about 8 minutes, stirring frequently. Add the beans and the rest of the ingredients. Let simmer until heated thoroughly. Enjoy!

Total servings - 5 1/2 cups

Serving size - 1 cup

Points per serving - 4

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"The most I can do for my friend is simply to be his friend."
- Henry David Thoreau***

