



White Chili

Makes 8 servings | Protein

Ingredients

- 1 pound ground turkey, or small pieces of boneless, skinless turkey or chicken or 16 ounces canned chicken
- 1 medium onion, chopped
- 2 garlic cloves, chopped
- 1 4-ounce can green chilies, drained and chopped
- 1 cup low-sodium chicken broth
- 2 teaspoons chili powder
- 6 cups cooked great northern beans
- Black pepper to taste

Directions

1. Wash hands with warm, soapy water.
2. In a large saucepan, or electric skillet, brown poultry with onion and garlic, until nearly done.
3. Add chilies, broth and chili powder. Stir. Simmer 10-15 minutes.
4. Add beans, pepper, and more water if needed.
5. Heat until very hot. Do not boil.
6. Ladle into serving bowls.



White Chili

Makes 8 servings | Protein

Ingredients

- 1 pound ground turkey, or small pieces of boneless, skinless turkey or chicken or 16 ounces canned chicken
- 1 medium onion, chopped
- 2 garlic cloves, chopped
- 1 4-ounce can green chilies, drained and chopped
- 1 cup low-sodium chicken broth
- 2 teaspoons chili powder
- 6 cups cooked great northern beans
- Black pepper to taste

Directions

1. Wash hands with warm, soapy water.
2. In a large saucepan, or electric skillet, brown poultry with onion and garlic, until nearly done.
3. Add chilies, broth and chili powder. Stir. Simmer 10-15 minutes.
4. Add beans, pepper, and more water if needed.
5. Heat until very hot. Do not boil.
6. Ladle into serving bowls.





UW

College of Agriculture
and Natural Resources
Extension

1-877-219-4646 | <https://uwyocnp.org/> | cnp-info@uwo.edu

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. This material was funded by USDA's Expanded Food and Nutrition Education Program-EFNEP. USDA is an equal opportunity provider and employer.

Recipe from the
**Cent\$ible Nutrition
Program.** Learn how to
save money, cook quick
and healthy meals, and
stretch your food dollar
by contacting your local
CNP educator.



UW

College of Agriculture
and Natural Resources
Extension

1-877-219-4646 | <https://uwyocnp.org/> | cnp-info@uwo.edu

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. This material was funded by USDA's Expanded Food and Nutrition Education Program-EFNEP. USDA is an equal opportunity provider and employer.

Recipe from the
**Cent\$ible Nutrition
Program.** Learn how to
save money, cook quick
and healthy meals, and
stretch your food dollar
by contacting your local
CNP educator.

