Slow Cooker White Chicken Chili

Description

Great for cold, blustery days!

Ingredients

- 3/4 lbs chicken thighs,skinless, boneless
- 1/2 tsps dried oregano, crushed
- 1 tsp ground cumin
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 tbsps olive oil
- 1 small onion, chopped
- 1/2 green pepper chopped
- 1 tbsp jalapeno pepper finely diced, remove seeds for less heat
- 4 cloves garlic - minced
- 2 cans white kidney or cannellini beans, rinsed and drained
- 1 cups reduced sodium chicken broth (14.5 oz)
- 1/2 cups shredded reduced-fat pepper jack cheese
- 1 bunch fresh cilantro for garnish if desired

Instructions

Step 1

Summary

Yield: 4
Source: Panera Bread Recipes
Prep Time: 20 minutes
Category: Soups
Cuisine: Mexican

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Cut chicken into bite-size pieces. Dust chicken with oregano, cumin, salt and pepper. Heat oil in a large skillet over medium-high heat. Add chicken and cook until chicken is brown all over, 4 to 5 minutes, stirring now and then. Add onion, bell pepper and jalpeno pepper, and cook until onion is soft, 4 minutes. Add garlic and cook 1 minute. Transfer to a 4-quart slow cooker.

Step 2

Puree 1 can of beans with 1 cup of broth in a small food processor or with a stick blender until relatively smooth. Add to slow cooker along with remaining beans and broth. Cover and cook on low for 3 to 3 1/2 hours.

Step 3

Stir before serving. Sprinkle with cheese and cilantro.