



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

SOUTHWEST WHITE CHICKEN CHILI

(www.campbellskitchen.com)

Makes 6 Servings

- 4 skinless, boneless chicken breast halves – cut into cubes
- 1 tablespoon vegetable oil
- 4 teaspoons chili powder
- 2 teaspoons ground cumin
- 1 large onion, chopped
- 1 medium green pepper, chopped (about $\frac{3}{4}$ cup)
- 1 can (10 ounces) Campbell's Condensed Cream of Chicken Soup (fat free)
- $\frac{3}{4}$ cup of water
- 1 $\frac{1}{2}$ cups frozen whole kernel corn
- 2 cans (about 15 oz each) white kidney beans (cannellini), rinsed and drained
- 2 tablespoons shredded Cheddar cheese

- Heat oil in 4-sq saucepan over medium-high heat. Add chicken, chili powder, cumin, onion, and pepper and cook until chicken is cooked through and vegetables are tender. Stir often.
- Stir soup, water, corn and beans in saucepan and heat to boil. Reduce heat to low.
- Cover and cook 5 minutes, stirring occasionally.
- Serve in bowls; sprinkle with cheese