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Green Chile, Chicken and Bean Chili

- 2 Tsp olive or vegetable oil
- 2 Medium onions, coarsely chopped (1 cup)
- 2 Tsp finely chopped garlic
- 1 Tbsp ground cumin
- 1/2 Tsp salt
- 1/8 Tsp ground red pepper (cayenne)
- 2 Lb boneless skinless chicken thighs, cut into 1/2-inch pieces
- 2 Cans (15 to 16 oz each) great northern beans, drained, rinsed
- 2 Cans (4.5 oz each) chopped green chiles
- 2 Cups reduced-sodium chicken broth (from 32-oz carton)
- Chopped fresh cilantro, if desired

- 1) In 4- to 5-quart Dutch oven, heat oil over medium-high heat. Cook onions and garlic in oil 4 to 5 minutes, stirring frequently, until onions are softened.
- 2) Stir in cumin, salt, red pepper and chicken. Cook 6 to 7 minutes, stirring occasionally, until chicken is lightly browned.
- 3) Stir in beans, chiles and broth. Heat to boiling; reduce heat to medium-low. Cover; cook 20 to 25 minutes, stirring occasionally, until chicken is no longer pink in center. Sprinkle with cilantro.

Makes 6 Servings

