

# WHITE CHICKEN CHILI WITH LIME & CILANTRO

mimibarnesCREATIVE



## INGREDIENTS:

- 4-5 Chicken Breast Halves cut in small cubes
- 1/2 Cup Flour
- 2 Cups Chopped Sweet or White Onion
- 3 Garlic Clove, Chopped
- 1 Reg Size Can of Shoepeg Corn
- 1 Med Can of Green Chilies (Hot Or Mild)
- 1 Can of Cannellini Beans (this is the only can I rinse well)
- 2 Tsp Cumin
- 4-5 Cups Chicken Stock
- 1/4 Cup Chopped Fresh Cilantro Chopped
- 1/2 -1 whole Lime
- Salt and Pepper to Taste

## GARNISH OPTIONS:

- Tortilla Chips or Strips
- Monterey Jack Cheese (or your favorite white cheese)
- Sour Cream
- Cilantro Leaves
- Lime Wedges

## DIRECTIONS:

1. Dredge the chicken in the flour and sear in hot skillet with a little oil. (Flip after 2-3 minutes - it won't be completely cooked through, but brown)
2. Remove chicken and set aside
3. Sautee onion and garlic on med to low heat in same pan
4. Add the can of corn, chilis and rinsed beans
5. Add the rest of the ingredients including the chicken.(The flour from the dredging will help thicken the chili)
6. Simmer for 20 min.
7. Garnish as desired
8. ENJOY!

NOTES: I credit my sister for this recipe, but have since made it my own. You may skip the dredging to save on calories, but the chili will be more soup-like. It's love at first BITE!

GRAPHICS  
POTTERY  
JEWELRY  
WATERCOLOR

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