



Chicken and Bean Stew

Recipe adapted from "Food for Fifty, 14th Edition" for white chili.

An easy recipe for nutritious stew

Prep time: 20 minutes
Cook time: 45 minutes
Yield: 50 servings
Portion size: 8 oz.



Ingredients:

- 3 lbs. Great Northern beans
- 2 gal. water
- 6 oz. low-sodium chicken soup base
- 2 lbs. onions, chopped
- 1 oz. garlic, minced
- 3 lbs. chicken (white meat), diced
- 1 lb. 8 oz. diced green chiles, canned
- 2 tbsp. cumin, ground
- 1 1/2 tbsp. oregano, dried, crumbled
- 1 1/2 tsp. cayenne pepper
- 1/2 tsp. ground cloves
- 1 tbsp. cilantro, dried, crumbled
- 1 lb. 12 oz. Monterey Jack Cheese, shredded

Directions:

1. Sort and wash beans. Soak the beans in water overnight.
2. Drain beans. Place in pan or pot.
3. Add water, chicken soup base, onion, and garlic to the beans and mix well. Bring to a boil. Cover.
4. Reduce heat and simmer for 2 hours, stirring occasionally.
5. Add chicken, green chiles, cumin, oregano, cayenne pepper, cloves and cilantro to the beans. Cover and simmer for 30 minutes.
6. Sprinkle 1/2 oz. cheese over each portion as it is served.

Nutrition Information per serving:

-  Fulfills one serving of vegetables
-  Fulfills protein requirement

Calories	Carbohydrates	Protein	Fat	Sodium	Fiber
210 kcal	20 g	18 g	7 g	360 mg	0.4 g

*Estimated nutritional value