

White Bean Chicken Chili



SIZE

For 6

PREPARATION

35 min

DIFFICULTY



Level 1



Level 2



Our spin on white bean chicken chili incorporates butternut squash (for sweet fall/winter vibes) and Creamy Tomato Basil Sauce as the tomato component. The velvety sauce pairs well with the beans and squash as well as the cumin.

Cooking the chicken in the soup allows it to soak up the flavors from the spices, veg, and sauce, and creates an extra rich chicken stock - win, win!

Serve the soup as is, or amp it up with classic chili fixings! We love to make a little topping bar here with sliced avocado, sliced jalapeno, diced onion, cilantro, sliced scallion, crushed tortilla chips, and lime wedges.

Ingredients

- 2** Tbsp olive oil, plus more to serve
- 1** onion, chopped
- 1** red bell pepper, chopped
- 1** jalapeno, seeded and chopped
- 3** tsp cumin
- ½** tsp salt, plus more to taste
- 2** cloves garlic, finely chopped
- 1** jar Not Just Creamy Tomato Basil Sauce
- 1** lb boneless skinless chicken breast
- 4** cups chicken stock
- 2** cups butternut squash OR sweet potato, cut into 1/4 inch cubes (can also buy pre-cut!)

1 can navy or cannellini beans, rinsed and drained

1 can chickpeas, rinsed and drained

Sliced avocado, sliced jalapeno, diced red onion, cilantro, sliced scallion, crushed tortilla chips, lime wedges, to serve (optional)!

Process

1

To a large pot, add the olive oil over medium high heat until shimmering. Add the onion, bell pepper, jalapeno, cumin, and salt and cook, stirring occasionally, until tender, about 7 minutes.

2

Add the garlic and cook, stirring, until fragrant, about 2 minutes. Add the Not Just Tomato Basil Sauce, butternut squash, and stock and Stir to fully incorporate. Submerge the chicken and bring to a boil over medium high, then reduce heat to medium low, maintaining a steady simmer, and cook for about 25 minutes until the chicken is cooked through and the squash is tender.

3

Remove the chicken with tongs, place in a medium bowl, and shred with two forks. Place back into the pot, stir, and serve! Option to top your bowls with avocado, sliced jalapeno, cilantro, scallion, red onion, tortilla chips...just to name a few!