

Instant Pot White Chicken Chili

Servings: 6 Bowls

INGREDIENTS

1 TBSP EVOO
4 BONELESS, SKINLESS CHICKEN BREASTS
1 MEDIUM ONION, DICED
2 CANS WHITE BEANS (GREAT NORTHERN BEANS), DRAINED, RINSED
1 (7 OZ) CAN DICED GREEN CHILIES
2 GARLIC CLOVES, MINCED
2 TSP CHILI POWDER
1 1/2 TSP CUMIN
1 TSP DRIED OREGANO
3 CUPS CHICKEN BONE BROTH
1 CUP FROZEN CORN
1 BAG FROZEN BROCCOLI



DIRECTIONS

STEP 1: Add oil to the bottom of the pressure cooker then add chicken. Later remaining ingredients into cooker.

STEP 2: If using an Instant Pot, use the soup setting and cook for 40 minutes. You can also use this same recipe in a slow cooker, cooking on low for 6-8 hours.

STEP 3: Check that the chicken is cooked through, shred, then return to cooker.

STEP 4: Stir and enjoy!

GF This recipe is gluten free as written.

V Skip the chicken and add double the veggies. Add tomato and zucchini as well for an extra veggie kick.

Nutrition per Serving: Calories 335, Fat 5g, Carbs 24g, Fiber 8g, Sugars 3g, Protein 45g

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