

CREAMY WHITE CHILI WITH CREAM CHEESE

Preparation: 15 minutes | Cooking: 10 minutes | Servings: 6

INGREDIENTS

1 pound boneless, skinless chicken thighs, trimmed and cut into bite-size pieces
4 ounces reduced fat cream cheese
5 cloves garlic, chopped (2 tablespoons)
2 (15 ounce) cans no-salt-added great northern beans, rinsed, divided
1 (4 ounce) can chopped green chiles
3 cups unsalted chicken stock

1 ½ cups chopped yellow onion (1 medium)
¾ cup chopped celery (2 medium stalks)
½ cup loosely packed fresh cilantro leaves
1 tablespoon canola oil
1 teaspoon ground cumin
¼ teaspoon salt



INSTRUCTIONS

Mash 1 cup beans in a small bowl with a whisk or a potato masher. Heat oil in a large, heavy pot over high heat. Add chicken; cook, turning occasionally, until browned, 4 to 5 minutes. Add onion, celery, garlic, cumin and salt. Cook until the onion is translucent and tender, 4 to 5 minutes. Add the remaining whole beans, the mashed beans, stock and chiles. Bring to a boil. Reduce heat to medium and simmer until the chicken is cooked through, about 3 minutes. Remove from heat; stir in cream cheese until melted. Serve topped with cilantro.