



Guilt-Free White Chicken Chili

This is comfort food without the crash. No heavy cream, no cheese, no junk—just real ingredients that warm you from the inside out. The blended white beans give this chili a rich, creamy texture, and the fresh veggies and spices bring layers of flavor in every bite. It's perfect for a weeknight dinner, meal prep, or your football potluck. Hearty, healthy, and satisfying—this one hits every time.

Watch the YouTube demo for full instructions.

Ingredients

3.5–4 cups vegetable or chicken broth
1 yellow onion, diced
1/2 green bell pepper, diced
1/4 red bell pepper, diced
1 jalapeño, diced or sliced in rounds
3 cloves garlic, shredded or finely diced
2 cans white beans, divided
1 package chicken thighs (about 4 pieces), cubed
2 fresh tomatoes, diced
1 tablespoon Hatch Chili Seasoning (Trader Joe's)
1 tablespoon cumin
1 tablespoon chili powder (not a blend)
Cilantro leaves to taste

Choose organic and certified humane ingredients whenever possible

Instructions

1. Add onion and peppers to a large pot with 1/4 cup broth. Sauté over medium heat until softened.
2. Add garlic and cook 1 minute. Pour one can of white beans with liquid into a blender and blend until smooth, about 3 minutes. Add this bean puree to the pot to create a thick, creamy base.
3. Drain the second can of beans and set aside. Add cubed chicken thighs to the pot and pour in enough broth to reach your preferred chili consistency. Bring to a boil.
4. Reduce heat to medium and add cumin, chili powder, Hatch Chili seasoning, drained beans, and diced tomatoes. Stir well.
5. Let simmer 30–40 minutes, stirring occasionally. Taste and adjust seasonings as needed.
6. Stir in cilantro leaves just before serving.

Optional toppings: sliced avocado, extra jalapeño, fresh lime, and crushed organic Late July tortilla chips (my go-to). Or try Siete chips if you want to mix it up and go grain-free