

Cain's Corner

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Nutrition Tips from USAPEEC's
Registered Dietitian



White Bean Chicken Chili

"Chili" is a relative term here! This version is really more of a casserole than soup but can be adjusted to meet whatever consistency you prefer this Fall - this recipe is very forgiving! I add pasta to this dish for a little extra bulk, but you could easily swap for more beans, greens, or veggies.



- 2 (10 oz.) cans diced tomatoes with chilies
- 1 large onion
- 2 Tbsp olive oil
- 1 Tbsp coriander
- 1 Tbsp Tony's Chachere's Seasoning
- 2 Tbsp cumin
- 4 (15.5 oz.) cans cannellini and/or kidney beans, rinsed and drained
- 1 rotisserie chicken
- 4 cups low-sodium chicken stock
- 1 cup dry pasta

- 1) Pull chicken and set aside.
- 2) In a Dutch oven or other large pot, saute onions and tomatoes in oil until onions are translucent. Stir in beans and add spices.
- 3) Add stock, chicken, and pasta, and simmer over medium-low heat for about 30 minutes, stirring occasionally.
- 4) Adjust seasoning and add more stock as needed.
- 5) Enjoy served with toasty bread and grated Parmesan!