



Onion Recipe Contest
Main Dish –Adult
Second Place – Audrey Eoff

Southwest White Chili

Fiber Rich + Low Calorie + Low Fat

Boil a whole chicken by covering completely with water. When tender, let cool, remove all skin, debone, and chill broth overnight. Remove fat from surface. Cube the white meat and save the dark for a salad or other use (or just use all of it). Taste broth and put in a few chicken bouillon cubes to increase flavor in a large soup pot if you wish.

Chop and then sauté one large Valley onion (1 cup) just until translucent. If you like more, than use 2 onions.

Add to broth in soup pot:

Chopped and sautéed onions

1 16 oz. can white kidney beans (cannellini)

1 10 oz can green enchilada sauce

1 tsp. comino powder

1 small can of green chilies to taste (remove seeds and membrane)

Add cut up pieces of white meat chicken to pot.

Add right before serving and let melt:

1 cup sour cream

1/3 package cream cheese, cut into small pieces

1 cup shredded Monterey Jack cheese

To garnish sprinkle with finely minced fresh chives or chopped tops of green onions. Garnish with more shredded cheese if desired.

Enjoy a taste of the Southwest.

If you're in a hurry, just use canned white chicken breast and canned chicken broth. Double recipe for large crock pot.