

White Bean Chicken Chili

1 and ½ cups chicken breast, diced

2 tbsp. flour

3 tbsp. olive oil

1 medium onion chopped

1 can of green chilies

2 tsp. ground cumin

2 cans navy beans

1 large box chicken broth

Sour cream

Salsa

Cook chicken in a large pot until done. Remove chicken add olive oil and onions; cooking onions until soft.

Add chilies and stir in the flour cooking for about two minutes. Add beans and chicken stock and cook to a boil. Reduce heat and simmer for about 30 minutes.

Garnish with cheddar cheese and sour cream or salsa.

Enjoy.