

White Bean Chicken Chili



By Chef Amanda DeLaura

A note on this chili! It's loaded with spice. The type of spice that is both layered and sweet. But also the type of spice that resembles something similar to a firecracker in your mouth. If that flavor doesn't fit your palate, omit the cayenne pepper completely and be sure to add the optional sour cream at the end. Cook yourself a pot, grab a bowl and bon appétit.

Makes 4 servings

Ingredients:

- 2 Tbsp olive oil, *divided*
- 1 skinless & boneless chicken breast, *chopped into bite-sized pieces*
- 1 onion, *finely chopped*
- 1 tsp pink salt
- 2 cloves garlic, *minced*
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1/2 tsp cayenne pepper

- 2 cups chicken broth
- 1 poblano pepper, *roasted & chopped*
- 1 Anaheim pepper, *roasted & chopped*
- 1 (14 oz) can cannellini beans, *drained**
- 1 (14 oz) can navy beans, *drained**

1 handful chopped kale, *optional*
1/4 cup sour cream, *optional*

Directions:

1. To roast the peppers, place them on the stove over a high open flame. Cook one side for three minutes, until blackened. Flip and repeat until the other side is just as roasted. If you do not have a gas stove, broil your peppers in the oven for seven minutes on each side (or more depending on the intensity of your broiler). Once the peppers are well blackened, place them in a paper bag and allow them to sit for ten minutes, allowing the skin to loosen from the flesh of the pepper. Remove the peppers from the bag. Peel them, remove the seeds, chop into small pieces, and set aside.
2. To make the soup, heat a large cast iron Dutch oven or soup pot over medium-high heat. Add one tablespoon of olive oil. Once heated and shimmering, add the chicken and allow it to cook on one side, till browned, about two minutes. Flip and continue to cook, about two more minutes. Remove the chicken from the pot, set aside and add the additional tablespoon of olive oil to the pot.

3. Add the chopped onion and immediately season with the teaspoon of pink salt, allowing the onions to sweat. Mix with a wooden spoon and continue to cook till the onions are softened and translucent about three minutes. Reduce the heat to medium-low and add the garlic, cumin, oregano, and cayenne. Stirring constantly, let the mixture toast for about thirty seconds or until aromatic.
4. Return the cooked chicken and chopped peppers to the pot. Pour in the broth and beans and return the heat to medium-high. Bring the chili to a boil and reduce the heat to low. Simmer for thirty minutes. Remove from the heat, add the kale if desired, and spoon into your favorite bowl. Dollop with one tablespoon of sour cream and enjoy.

*NOTE: Upon draining your beans, the only reason to rinse them is if you need to reduce your sodium intake. Otherwise, the remaining liquid and salt on the beans will help enhance the overall flavor of your soup.