

JANUARY  
**TEACHING  
KITCHEN**

# VIRTUAL WELLNESS SERIES

## Teaching Kitchen Sessions

Visit us online to view pre-recorded virtual cooking classes at [FLCancer.com/Virtual-Classes](https://FLCancer.com/Virtual-Classes).

Enjoy a hands-on demonstration of the healthy recipe below and discover more!



**April  
Rozzo, MS, RD, CSO, LD/N**

## WHITE CHICKEN CHILI

### Ingredients/Shopping List

- 2 (15oz) cans white beans (great Northern beans or cannellini beans), drained and rinsed
- 1 tablespoon olive oil
- 1 yellow onion, diced
- 3–4 cloves garlic, minced
- 1 tablespoon cumin
- 1 ½ teaspoons coriander
- 1 teaspoon chili powder
- 1 teaspoon dried oregano
- ½ teaspoon salt
- 1 (7oz) can diced green chilies
- 4 cups chicken broth
- 1 pound boneless skinless chicken breasts
- 6 oz fresh spinach, roughly chopped
- ¼ cup fresh cilantro, chopped
- 1 lime juiced
- Optional: serve with sour cream or plain Greek yogurt and lime wedges

### Instructions

1. In a medium bowl, mash half the beans with a potato masher until chunky, and set aside. You can also use a blender or food processor.
2. Add the oil to a large Dutch oven. Cook onions over medium heat until soft and fragrant, about 5 minutes. Add garlic, cumin, coriander, chili powder, and oregano, and cook for another minute.
3. Add in chilies, chicken breasts, broth, and beans. Bring to a simmer and continue to cook at a simmer for 15 minutes until chicken is cooked through. Remove chicken and shred, then return to the pot with spinach, cilantro and lime juice.
4. Continue to simmer until heated through and the spinach is wilted, about 5 more minutes.
5. Serve with a dollop of sour cream or Greek yogurt and lime wedges, if desired.