

# White Bean Chick'n Chili

DEVELOPED BY: Chefs Anita, Carolyn, Patty and Maria at Northern Michigan University

Servings:4

Serving Size: 2 Cups

Ingredients	Quantity	Measure
Extra virgin olive oil	1	Tablespoon
Vidalia onion, finely chopped	½	large
Celery ribs, finely chopped	2	each
Yellow bell pepper, seeds removed and chopped	½	Each
Jalapeno pepper, seeds removed and chopped	½	Each
Garlic, minced	2 ½	cloves
Great northern white beans, drained and rinsed well	30	ounces
Vegetable broth	2	Cups
Water	3-5	cups
Cumin	1 ½	Tablespoons
Ground sea salt	½	Tablespoon
Dried ground oregano	½	Teaspoon
Dried ground sage	½	teaspoon
Dried ground parsley	½	Teaspoon
White pepper	¼	Teaspoon
Tofurky Chick'n	8	Ounces
Cornmeal	1	Tablespoon
Water	6	Tablespoons
Tortilla chips, crushed	½	cup
Cilantro, chopped	¼	cup



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# White Bean Chick'n Chili continued

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## Preparation

1. Heat oil in a large stock pot on medium-high heat. When the oil is hot, add the onions and celery and cook until they begin to soften, approximately 5 minutes.
2. Add the chicken, bell pepper, and jalapeno peppers and cook for approximately 5 minutes, or until softened. Stir occasionally.
3. Add the garlic and cook for 2 minutes. Add the beans, cumin, oregano, sage, parsley, and white pepper and stir. Cook for 2 minutes so the spices release their oil. This creates the best flavor.
4. Add the broth and water and stir until combined. Bring to a boil, then reduce the heat to low. Simmer for approximately 2 ½ hours, or until the liquid reduces and the chili thickens. Stir every 15 to 20 minutes to avoid scorching.
5. Mix the cornmeal and 6 tablespoons of water together until smooth. Add to chili with salt and pepper to taste, stir well. Cook for another 15 minutes. Add the crushed tortilla chips to help thicken. Add cilantro and stir. Serve hot.

