



## White Bean Chicken Chili

**Prep: 20 minutes • Cook: 45 minutes**

**Serves: 10 • Makes: about 14 cups**

- 8 slices turkey bacon, cut crosswise into ¼-inch strips
- 2 green and/or red bell peppers, diced
- 1 medium yellow onion, diced
- 1 tablespoon chili powder
- 1 tablespoon dried marjoram
- 1 tablespoon dried oregano
- 1½ teaspoons ground cumin
- 1 teaspoon garlic powder
- 1 cup all-purpose flour
- 1¼ teaspoons salt
- ½ teaspoon cayenne pepper
- ½ teaspoon ground black pepper
- 1 can (28 ounces) diced tomatoes, drained
- 6 cups rinsed and drained canned great Northern beans
- 6 cups less-sodium chicken broth
- 1 teaspoon fresh lemon juice
- 1 boneless, skinless chicken breast (about 8 ounces)
- ½ teaspoon jerk seasoning
- 1 teaspoon olive oil
- Light sour cream, pico de gallo and cilantro leaves for garnish (optional)

**1.** In large saucepot, cook bacon over medium-high heat 4 to 5 minutes or until crisp, stirring frequently. Reduce heat to medium. Add bell peppers and onion, and cook 3 to 4 minutes, stirring frequently. Stir in chili powder, marjoram, oregano, cumin and garlic powder, and cook 1 minute. Stir in flour, salt, cayenne pepper and black pepper.

**2.** Add tomatoes, beans, broth and lemon juice, and bring to a simmer; simmer 20 minutes, stirring occasionally.

**3.** Meanwhile, sprinkle both sides of chicken with jerk seasoning. Heat oil in large nonstick skillet over medium-high heat. Add chicken and cook 3 to 4 minutes or until deep brown in color, turning once. Reduce heat to medium, and cook chicken 5 to 6 minutes longer or until internal temperature reaches 165°, turning occasionally. Cut chicken into ½-inch pieces.

**4.** Ladle chili into serving bowls and top with chicken. Garnish with sour cream, pico de gallo and cilantro, if desired.

*Approximate nutritional values per serving:*

*316 Calories, 4g Fat (1g Saturated), 19mg Cholesterol, 892mg Sodium, 47g Carbohydrates, 10g Fiber, 22g Protein*