

U The Lexingtonienne U

SPICY WHITE BEAN CHICKEN CHILI

A note before you start. This is a spicy dish. So you wimpy types and those cooking for kids, use two 4-oz cans of mild diced chilies, leave out the jalapenos altogether, and you may want to cut back a little on the cayenne pepper.

- 2 (14.5-oz) cans chicken broth + extra (just in case)
- 3 boneless, skinless chicken breasts (or about 1 to 1 1/2 pounds)
- 1 T olive oil
- 1 onion, chopped
- 3-4 cloves garlic, finely chopped
- 1 (4-oz) can mild diced chilies
- 1 (4-oz) can hot diced jalapenos
- 2 tsp ground cumin
- 1 tsp ground oregano
- 1/2 tsp cayenne pepper
- 1 bay leaf
- 6 T butter
- 6 T flour
- 3 (15-oz) cans white beans, drained and rinsed
- 2 C shredded monterey jack cheese
- Shredded cheddar cheese (for serving)
- Sour cream (for serving)

Place chicken breasts in a heavy pot and cover with the chicken broth. (You want the chicken broth to cover the chicken by about an inch. If it doesn't, add more chicken broth.) Bring to a simmer over high heat, then turn heat to low and simmer partially covered for about 8 minutes or until chicken breasts are cooked through. Remove chicken breasts to a plate and set chicken broth aside. Use two forks to shred the chicken.

In another heavy pot (or the same one wiped out), cook oil and onion over medium heat until onions are soft. Add garlic, chilies, jalapenos, cumin, oregano, cayenne pepper, and bay leaf and cook over medium-low heat for 6-7 minutes, stirring occasionally.



Meanwhile, in a heavy saucepan, melt butter over low heat. When it is totally melted, whisk in flour. Cook over low heat for about 5-6 minutes, stirring constantly with a wooden spoon or rubber spatula, until the mixture turns "blond" and has a nutty fragrance. Now you've made a roux. :)

Stir the roux into the onion mixture. Add shredded chicken, beans, and reserved chicken broth and stir together. Bring to a boil, then promptly turn the heat to low and cook for about 15 minutes, stirring occasionally. Add chicken broth to thin, if desired. Stir in monterey jack cheese, about a half cup at a time. (I ended up using only about a cup and a half.)

Serve topped with shredded cheddar cheese and/or sour cream.

