

## *Chicken Chili*

### *From My Carolina Home*

2 cups dried great northern beans

Water

1 thick slice of onion,  
separated into rings

2 large cloves garlic, smashed

1/2 teaspoon black pepper

1 4-ounce can green chilies

1 15-ounce can chicken broth

1 tablespoon olive oil

1/2 cup chopped onion

16 ounces boneless chicken,  
cut into bite size pieces

1/2 teaspoon salt

1/2 teaspoon pepper

Optional - few sprigs of fresh parsley

Optional - dollop of sour cream



Bring 6 cups of water to a boil, add beans and boil 2 minutes. Pour into a stoneware or glass bowl, cover and leave overnight to soak on the counter.

The next day, drain beans. Place in a large pot and cover with water. Add onion, garlic and pepper, bring to a boil. Reduce heat and simmer for 1-1/2-2 hours. Do not add any salt at this time as it will make the bean skins tough. Drain beans and return to pot. In a blender, place half the can of broth and about half the beans and blend until smooth. Pour over beans in pot. With the remaining broth, blend with green chilies and add to pot.

In a small skillet, heat olive oil. Add onion and chicken, saute on high heat until lightly browned, turning chicken as needed. When nicely browned, add to beans. Chicken will not be done, but will finish cooking in the soup. Add salt and pepper. Simmer soup for 15 minutes more, then it can hold on low heat for an hour or more. Garnish with chopped fresh parsley or sour cream if desired. Enjoy!

©From My Carolina Home, 2017