

WHITE BEAN & CHICKEN CHILI

IF:Gathering, September 2021

Original Recipe from *Giada de Laurentiis*

*GLUTEN-FREE OPTION

Ingredients

- 2 tbsp olive oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 2 lbs ground chicken or turkey
- 1 tsp salt
- 2 tbsp ground cumin
- 1 tbsp fennel seeds
- 1 tbsp dried oregano
- 2 tsp chili powder
- 3 tbsp flour (use gluten-free, if needed)
- 2 15-ounce cans cannellini beans, drained and rinsed
- 1 bunch chopped kale, swiss chard, or other hearty, leafy green
- 1 1/2 cups frozen corn
- 4 cups low-sodium chicken broth
- 1/4 tsp red pepper flakes
- 1/4 cup chopped Italian parsley
- 1/2 cup grated Parmesan

INSTRUCTIONS

1. In a large Dutch oven or stockpot, heat olive oil over medium-high heat.
2. Add onion to pan and cook until translucent, about 5 minutes. Add garlic and cook for 30 seconds, until fragrant.
3. Add ground chicken or turkey, salt, cumin, fennel seeds, oregano, and chili powder to the pot. Cook, stirring often, until meat is browned and cooked through.
4. Stir the flour into the pot until completely blended.
5. Add the beans, greens, corn, and chicken broth, and stir together.
6. Bring the mixture to a simmer, scraping up the brown bits on the bottom of the pan with a wooden spoon.
7. Simmer chili for about an hour, until the liquid has reduced by half and the chili has thickened.
8. Add the red pepper flakes, and season with salt and ground black pepper, to taste.
9. Ladle the chili into bowls, and top with parsley and Parmesan.
10. Serve with bread or tortilla chips. Enjoy!