

# Creamy White Chili

## Ingredients

- 1 tablespoon olive oil
- 1 pound ground chicken
- 1 onion, chopped (try frozen chopped onion!)
- 2 cloves garlic, chopped (try jarred minced garlic!)
- 2 (15.5 ounce) cans great Northern or cannellini beans, rinsed and drained
- 1 (14.5 ounce) can lower sodium chicken broth
- 2 (4 ounce) cans chopped green chiles
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- ½ teaspoon ground black pepper
- ¼ teaspoon cayenne pepper (optional)
- salt, to taste
- ¼ cup sour cream or plain Greek yogurt
- ¼ cup heavy whipping cream or half and half

## Instructions

1. Heat olive oil in a large saucepan over medium heat. Add chicken, onion, and garlic; cook and stir until chicken is no longer pink in the center and juices run clear, 10 to 15 minutes.
2. Stir in beans, chicken broth, green chiles, cumin, oregano, black pepper, cayenne pepper (if using) and salt; bring to a boil. Reduce heat and simmer until flavors have blended, about 30 minutes.
3. Remove chili from heat; stir in sour cream and whipping cream until incorporated.