

Sideline Chicken Chili

Serves: 8

Ingredients

3 skinless chicken breasts halves, bone intact	15-oz can corn, drained
6 cups water	2 15-oz cans Great Northern beans (or other white beans)
1 large onion, sliced lengthwise	1 cup green tomatoes or tomatillos, chopped into 1-inch pieces
2 Tbsp. cilantro	1 Tbsp. fajita seasoning
2 cups fat-free chicken broth	¼ tsp. garlic salt
4 corn tortillas, cut into 1-inch strips	1 Tbsp. lime juice
4 ½ -oz. can diced green chiles	

Bring chicken, water, onion, and cilantro to a boil in a large stockpot. Reduce heat and simmer 20 minutes. Remove chicken and cool.

Meanwhile, in a small saucepan, bring chicken broth to a boil, stir in tortillas, and turn off heat.

Pull chicken off the bone and cut into bite-sized pieces. Return chicken to stockpot.

Add chiles, corn, beans, tomatoes, fajita seasoning, and garlic salt. Add tortilla/broth mixture to stockpot and simmer 15 minutes.

Add lime juice to chili and serve.

Per serving: 330 calories, 5 g fat.