



White Bean and Chicken Chili with Chipotle and Orange

YIELD: 8 SERVINGS

RECIPE CUSTOMIZATION

To make this recipe dairy-free by omitting the sour cream

To make this recipe gluten-free, swap out All-Purpose flour for a G/F Blend

To make it FODMAP friendly, replace the onion with one cup sliced scallions, omit the garlic, and swap out the white beans for 2 cups canned chickpeas

INGREDIENTS

- 2 pounds chicken breast, cut into ½ inch cubes
- 1.5 pound beef liver, ¼ inch slices (if you omit liver, add in 1 more pound of chicken)
- 4 Tbsp flour, all purpose
- 1 tsp salt, Kosher
- 3 Tbsp avocado oil
- 1 onion, small diced
- 1 red bell pepper, small diced
- 3 cloves garlic, minced
- 1 Tbsp chili powder
- 1 tsp cumin, ground
- ½ tsp oregano, dry
- 2 15 oz cans, white beans, drained and rinsed
- 1 28 oz can, diced tomatoes or 4 fresh tomatoes chopped
- 1 minced chipotle pepper, canned in adobo sauce (optional)
- 1 orange, juiced and zested
- 1 cup sour cream or greek yogurt
- ½ cup cilantro, rough chopped

DIRECTIONS

1. In a mixing bowl, toss the chicken, beef liver, flour and salt to coat evenly.
2. Heat oil in a large Dutch oven or large soup pot over a medium heat. Add chicken and liver, and brown well on all sides. Leaving the oil in the pan, remove and set aside.
3. Add the onion and bell pepper and cook, stirring occasionally and gently scraping the browned bits from the bottom of the pan until the veggies are soft, about 5 minutes.
4. Add the garlic, chili powder, cumin and oregano. Continue to cook for another 3 minutes while stirring frequently.
5. Add beans, tomatoes, chipotle, and orange juice along with the reserved chicken breast and liver.
6. Bring up to a simmer and cook gently for 20-30 minutes. Taste and adjust salt if needed to suit your taste.
7. Serve with a dollop of sour cream or Greek yogurt and sprinkle of cilantro.

Chef tip: Don't like touching or prepping liver? Cut and cook it while partially frozen to firm up the texture and make it easier to cut.



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NUTRITION FACTS

Serving size 1 (15.8oz)

Amount Per Serving 448g

Calories 470

% Daily Value

Total Fat 11.9g 18%

Saturated Fat 2.9g 14%

Cholesterol 303mg 101%

Sodium 461mg 19%

Total Carbohydrate 37g 12%

Dietary Fiber 7g 28%

Sugars 5g

Protein 53g 106%

Vitamin A 317%

Vitamin C 76%

Calcium 15%

Iron 52%

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