

## WHITE CHILI

1 lb. Great Northern white beans  
2 whole chicken breasts  
1 Tab. olive oil  
2 medium onions, chopped  
4 garlic cloves, minced  
2 4-oz cans mild green chilis, chopped (or use fresh jalapeno or other hot peppers, chopped)  
2 tsp. ground cumin  
1-1/2 tsp. dried oregano  
1/4 tsp. cayenne pepper  
6 cups chicken stock (or canned chicken broth)  
12 oz. grated Monterey Jack cheese  
sour cream  
other garnishes, such as chopped onions, black olives

Soak the beans overnight in water in Dutch oven or other pot. The water should be about 3" above the beans.

Put the chicken in a heavy saucepan. Add cold water to cover. Simmer 15 minutes. Remove the chicken. After the chicken has cooled a little, remove the bones and skin and cut the meat into cubes. Reserve the chicken and refrigerate. (You can make the chicken stock by merely returning the bones and skin to the water. Add half an onion, some parsley and celery leaves and simmer, partly covered, for about an hour.)

Drain the beans and remove them to a bowl. Heat the oil in the pot you soaked the beans in. Add the onions and sauté over medium heat for about 8 minutes, stirring frequently. Add garlic, chilis, cumin, oregano and cayenne. Sauté 2 minutes more.

Add the beans and the stock. Bring to a boil. Reduce heat and simmer for 2 hours, uncovered.

Add the chicken and 1 cup of the cheese. Stir until the cheese has melted and the chicken is heated through. If the chili seems too thin, mix a quarter cup of cornmeal with a half cup of water. Pour this into the chili, stirring until thickened.

Serve with the remaining cheese, sour cream, and other garnishes on the side.

**SHORTCUTS: Canned white beans, canned chicken stock, pre-cooked cubed white chicken found in the deli section of most grocery stores.**