

CHICKEN CHILI

- 3 cups chicken broth
- 1/3 cup white bean flour
- 1 Tbsp vegetable oil
- 1 cup frozen corn
- 1 onion, chopped
- 1 red bell pepper
- 1 tbsp chili powder
- 2 tsp cumin
- 2 chicken breasts, shredded
- 1 cup salsa
- 1 cup water
- 2 cans white beans
- Cheddar cheese



Instructions:

1. Shred cooked chicken using mixer and cookie paddles. Add beans to Harvest mill and grind into flour.
2. Heat oil in a soup pot over medium-high heat. Add corn, pepper, onion, chili powder, and cumin. Cook for 2 minutes. Stir in the chicken.
3. Add chicken broth and bean flour. Simmer on low until thickened.
4. Stir in salsa, water and beans and bring to a boil. Reduce to low and cover and cook for 10 minutes.