

Time Out Chicken Chili

You can make this 1 to 2 days ahead or frozen for a month. Hint: tastes better the next day.

You will need:

A bottle of something to drink

16 oz of white beans canned or dry white navy beans soaked in water overnight

8 cups Chicken Broth

2 tsp Garlic Powder

2 tsp Oregano

Chicken Bouillon Cube

4 tsp Cumin

1 tsp Cayenne Pepper

7 oz. Chopped Green Chilis

1 large diced Onion

4 cups of cut up cooked chicken breasts

2 cups of sour cream

3 cups of grated jack cheese

Garnishes (tortilla chips, avocado, more sour cream, jalapenos, salsa, olives, grated cheese)



1. Take a big sip of your drink.
2. Simmer the first 9 ingredients for 2 to 3 hours in a large pot.
3. Have a few more drinks...I mean, sips of your drink.
4. Add the chicken, sour cream, and cheese. Mix all together to make creamy and simmer for another 1-2 hours.
5. Serve hot with yummy Diet Crasher Garlic Cheese Bread (see recipe) or plain baguette.
6. Refrigerate for leftovers for the rest of the week!