



## WHITE CHICKEN CHILI WITH CORN AND KALE

Yum. Perfect for a cold Sunday night - with leftovers for the week.

### INGREDIENTS:

2 boneless skinless chicken breasts, cut into 1/4 inch cubes

1 1/2 tsp. arrowroot (or cornstarch)

Pinch of salt

Olive Oil

1 medium onion - diced

2 ribs celery - chopped

1 bell pepper - chopped (I used a yellow one)

2 tsp. crushed garlic

1 TBS. Cumin

1 1/2 tsp. Oregano

1 tsp. ground Chipotle Pepper

1/2 tsp. fennel seed

1 1/2 TBS - 2 TBS. Flour - (I used Better Batter All Purpose Gluten free flour)

1 15 ounce can of Cannellini beans

1 cup of frozen corn

4 cups Chicken Stock

Kale - 1/2 bunch, slice very thin, then cross-cut - then wash and spin

## DIRECTIONS:

Cut up chicken then toss in the arrowroot powder, set aside.

Cut up celery, pepper, onion, and garlic.

In a heavy bottom soup pot, add some olive oil, the above veggies, and the chicken and cook until the chicken is cooked - 5 -7 minutes.

Add in the flour and stir to coat.

Add in the garlic, and stir for about 30 seconds.

Add in your spices - stir to coat.

Add in the stock and beans, Stir, and allow to simmer for at least 15 minutes

Add in the corn.

Add in the Kale - it cooks down so don't worry if it seems like the Kale is overwhelming the pot.

From this point on, it really only needs to cook about 5 more minutes.  
Enjoy!