

CHILI (WHITE)

Tampa Tribune

comments

This is many people's favorite chili. It's nothing like red chili, although it still can be "hot." If you haven't used fresh cilantro before or perhaps don't even think you like it, try it here at least. Serve over rice, with tortilla chips on the side

notes

Cook the rice ahead of time.
Use either white meat chicken, or dark or mixed. Pieces shouldn't be too small. You may want to partially freeze the chicken before cutting up. I prefer to have the butcher debone, skin, and cut it up.

prepare in advance

Ingredients

Debone, remove skin and cube

4 C chicken (8-10 thighs if you use dark meat).

Chop

1 large onion (1 C or more)
1 medium tomato (optional garnish)
2 T fresh cilantro (optional garnish)

Fine chop

1 clove garlic

Measure

1/4 C olive oil (4T)
2 tsp. chicken bouillon granules dissolved in 1-1/2 C water, OR 1-1/2 C chicken stock (1 can)
1-1/2 tsp. cayenne pepper*
1 tsp. dried basil leaves, OR 3 T fresh

Have available

Cooked rice
1 undrained 16-oz. can great northern beans or 2 cans, one drained, one not, depending upon how many beans you want to use (Bush brand if possible)

Garnishes (optional)

chopped tomato
cilantro
Tortilla chips

complete recipe

In a 4-quart Dutch oven sauté the onion in oil until soft, about 5 minutes.

Stir in chicken with garlic and cook chicken through (not too long).

Add bouillon or chicken stock and cayenne pepper, basil (if using fresh, add it during the last 20 minutes), and beans.

Heat to boiling; reduce heat; cover and simmer 45 minutes, stirring occasionally.

Serve over rice; garnish with chopped tomatoes and cilantro and tortilla chips on the side.

* This amount of cayenne produces a medium-hot sensation.
Use 1 tsp. if you like it mild, and 2 tsp. for hot.