

## WhiteBeanChili

### Lo Salt white Bean Chicken Chili

3/4 pound boneless skinless chicken breast, cubed  
1/4 tsp pepper  
2 tbsp olive oil  
1 medium onion, chopped  
4 cloves garlic  
1 tbsp onion powder  
2 tsp dried oregano  
1 tsp cumin  
1/4 tsp tarragon  
1/4 tsp savory (optional)  
1 1/2 cup dried white beans (haven't found any no salt added canned)  
1 carton (32 ounces) no salt added chicken broth - set aside 1 cup)  
2 heaping Tbsp of cornstarch  
1/4 cup of white wine  
Splash of liquid smoke  
1 tbsp non-dairy creamer

Soak bean overnight in water, 2 inches above beans. Drain beans, put in pan with enough water to cover white beans 1 -2

inches above beans in water, cook until tender about 30-45 minutes. Drain. Brown chicken in oil. Stir in onions & garlic,

cook 2 mins, sprinkle in oregano & cumin. Cook a minute or so longer until chicken is brown and onions tender. Transfer to

a slow cooker.

In a small bowl, mash 1 cup of the cooked beans, add 1/2 cup of the broth, stir and add to slow cooker. Add 2 heaping Tbsp

of cornstarch to 1/2 cup of broth and stir until smooth, pour cornstarch mixture into slow cooker with the remaining beans,

broth and remaining spices, white wine, non-dairy creamer and liquid smoke, stir to mix. Cover and cook for 3 - 3 1/2

hours on until chicken is tender. Stir before serving.

Garnish with shredded no salt cheese or sour cream if desired. Entire pot is about 130 mg of sodium if unsalted broth is

used, about 400 mg if unsalted stock is used.