Creamy White Chicken Chili

SimpleLifeMeals | 40minutes | 6servings One pot

Ingredients

- 1½ lbs boneless, skinless chicken breasts
- 2 cans (15 oz each) Great Northern beans, drained and rinsed
- 1 can (4 oz) diced green chiles
- 1 medium yellow onion, diced
- 3 cloves garlic, minced
- 4 cups low-sodium chicken broth
- 1 tsp ground cumin
- 1 tsp chili powder
- ½ tsp dried oregano
- ½ tsp smoked paprika
- ½ tsp salt, or to taste
- ¼ tsp black pepper
- 4 oz cream cheese, softened
- ½ cup sour cream
- 1 tbsp olive oil
- 1 tbsp fresh lime juice

NUTRITION INFORMATION
MAKES: 6 SERVINGS
SERVING SIZE: ⅙ OF RECIPE
PER SERVING (APPROXIMATE)
CALORIES: ~390
PROTEIN: ~37G
FAT: ~14G
FIBER: ~7G
SUGAR: ~3G
Estimates are based on the listed ingredients and standard portions. Actual values vary by ingredient brands and preparation.

Optional Toppings

Shredded Monterey Jack cheese, cilantro, avocado, crushed tortilla chips, jalapeños, or extra sour cream.

Directions

1. Sauté the aromatics: Heat olive oil in a large Dutch oven over medium heat. Add onion and cook 4–5 minutes until softened. Stir in garlic for 30 seconds.

2. Build the chili: Add chicken breasts, chicken broth, green chiles, cumin, chili powder, oregano, paprika, salt, and pepper.

3. Simmer: Bring to a gentle boil, reduce heat, cover, and simmer for 20–25 minutes until chicken reaches 165°F.

4. Shred the chicken: Remove chicken, shred with two forks, and return to the pot.

5. Add the beans: Stir in drained white beans. For a thicker chili, mash about ½ cup of the beans before adding.

6. Make it creamy: Reduce heat to low. Stir in softened cream cheese until melted, then add sour cream. Heat gently without boiling.

7. Finish: Add lime juice, taste, and adjust seasoning.

Simple Life Meals Kitchen Tips

Make ahead: Refrigerate up to 3–4 days.

Freezing: For best texture, freeze before adding cream cheese and sour cream. Add dairy when reheating.

Shortcut: Substitute approximately 3 cups cooked shredded rotisserie chicken and reduce the simmering time.

Serving suggestion: Pair with warm cornbread or homemade biscuits.

📱 SCAN FOR MORE RECIPES

© 2026 DESIGNS BY FRIENDS LLC