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NIBLACK
FOODS



Niblack Foods White Bean Chili

Ingredients:

2-4 tablespoons Saica extra-virgin olive oil
1 tablespoon dried minced garlic
1 cup diced onion
1 cup chopped green pepper
1 pound spinach, stemmed and roughly chopped (about 5 cups)
1 cup fresh or chopped green chiles
2 pound skinless, boneless chicken breasts, finely chopped
1 tablespoon ground cumin
1 tablespoon dried oregano, mexican if available
1/2 teaspoon ground white pepper
Pinch of red pepper flakes
4 cups low-sodium/no salt chicken broth or 2 teaspoons base
2 cups dried navy, great northern, rice bean (keep it white)
1/2 bunch fresh cilantro, chopped
Light sour cream, chopped tomatoes and/or lime wedges, for garnish (optional)
Finish with Spiana Gourmet Sea Salts: Lime, Habanero, Garlic, Sel Gris

Directions:

1. Soak beans, preferably overnight. Drain and boil approx 20 mins, till done. Drain and set aside.
2. In a saucepan, heat the olive oil over medium heat. Add the garlic, green pepper and onion; cook for 2 to 3 minutes, until slightly softened. Add the chicken, cumin, oregano, white pepper and red pepper flakes. Season with salt and 1 to 2 teaspoons freshly ground black pepper. Cook, stirring, until the chicken is slightly browned, 3 to 4 minutes.
3. Add the spinach and cook, stirring occasionally, until slightly wilted, about 3-5 minutes.
4. Add the chiles and chicken broth and bring to a boil, stirring occasionally. Reduce the heat to medium-low; cook, stirring occasionally, for approximately 20 minutes, until slightly thickened. Stir in the beans and cook for another 10 minutes. Stir in the cilantro.
5. Transfer the chili to bowls and garnish with light sour cream, chopped tomatoes and/or lime wedges, if desired.
6. Finish with Sprina Salt!

Enjoy, Meg
"Meg at the Market"
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