

White Bean Chili



Makes:

8 servings

Utensil:

Saladmaster Food Processor
5 Qt./4.7 L Multi-Purpose Oil Core
Kitchen Shears

Rate ★★★★★

Recipe:

Contributed By:

"Chef" Pete Updike
Authorized Saladmaster Dealer
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Recipe Description:

This White Bean Chili is adapted from a recipe that was published in the Montgomery County Courier in January 2015. In using Saladmaster, this chili can now be cooked in 1 hour as opposed to the 8 hours it would normally take. The flavor is so fabulous, you're sure to win the next chili cook-off!

2 - 3 chicken breast fillets
1 ¼ cups
chicken broth, reduced-fat and low-sodium
(295
mL)
14.5 ounces
diced tomatoes with juice
(411
g)
2 tablespoons
tomato paste
(33
g)
2 cloves garlic, shredded, use Cone #1
½ cup
sweet onion, strung, use Cone #2
(80
g)
31 ounces
cannellini beans, drained and rinsed
(879
g)
2 teaspoons
chili powder
(5
g)
1 teaspoon

cumin
(2.5
g)
1/4 teaspoon
crushed red pepper flakes
(.5
g)
1/2 teaspoon
cayenne pepper
(1
g)
1/2 teaspoon
black pepper
(1
g)
kosher or sea salt, to taste
1/4 cup
Greek yogurt, for garnish
(56
g)

Directions:

1. Lay chicken in bottom of cold MP5 and cover. Set temperature to 250°F/120°C. When Vapo-Valve™ clicks steadily, turn chicken and cover again. When Vapo-Valve™ clicks, use kitchen shears to cut chicken into bite size pieces.
2. Add chicken broth, diced tomatoes and tomato paste. Stir to combine.
3. Add garlic, onions, beans and remaining spices. Stir to combine and cover.
4. Set temperature to 300°F/150°C. When Vapo-Valve™ clicks steadily, reduce temperature to 225°F/110°C and cook for 20 - 30 minutes.
5. Reduce temperature to 190°F/90°C until ready to serve. Garnish each serving of chili with small dollop of yogurt, if desired.

Tips:

- If you prefer a milder tasting chili, reduce spicy seasoning by one-third or half.

Nutritional Information per

▼ Serving

Calories: 250

Total Fat: 2g

Saturated Fat: 1g

Cholesterol: 52mg

Sodium: 612mg

Total 27g

Carbs:

Dietary Fiber: 7g

Sugar: 4g

Protein: 29g

Nutritional analysis calculated using 3 chicken breasts