

White Bean and Chicken Chili

Serves 4-6

- 2 T olive oil
- 1 large onion, chopped
- 4 garlic cloves, minced
- 900 g ground chicken (or cut into small pieces)
- 1 tsp salt, plus more for seasoning
- 2 T ground cumin
- 1 T fennel seeds (or same amount, ground)
- 1 T dried oregano
- 1 tsp chili powder
- 3 T flour
- 2 (435 g cans or 145 g dried) cannellini or other white beans, rinsed and drained
- 1 bunch (about 450 g) spinach, stems removed, leaves chopped into 2.5-cm pieces
- 375 g frozen corn, thawed
- 960 ml chicken stock
- ¼ tsp crushed red pepper flakes
- Freshly ground black pepper for seasoning
- 50 g grated Parmesan cheese
- ¼ C (7 g) chopped fresh flat-leaf parsley



1. In large Dutch oven, heat the **oil** over medium-high heat.
2. Add the **onion** and cook until translucent, about 5 minutes.
3. Add a little salt and pepper to taste
4. Add the **garlic** and cook for 30 seconds.
5. Add the ground **chicken**, **1 tsp salt**, **cumin**, **fennel seeds** (or ground), **oregano**, and **chili powder**. Cook, stirring frequently, until the chicken is cooked through, about 8 minutes.
6. Stir the **flour** into the chicken mixture.
7. Add the **beans**, **spinach**, **corn**, and **chicken stock**. Bring the mixture to a simmer, scraping up the brown bits that cling to the bottom of the pan with a wooden spoon.
8. **Simmer with lid on for 55-60 minutes** until the liquid has reduced by about half and the chili has thickened.
9. Add the **red pepper flakes** and simmer for another 10 minutes.
10. Season with **salt** and **pepper**, to taste.
11. Ladle the chili into serving bowls. Sprinkle with the **parmesan cheese** and chopped **parsley**.

Note: Dried white beans soaked for about 12 hours. Cooked as per recipe, but still hard. Took another 3 hours to get soft enough to eat.

<https://www.foodnetwork.com/recipes/giada-de-laurentiis/white-bean-and-chicken-chili-recipe-1948554>