

Choco Fever Dream

Creamy White Chicken Chili – Hearty Soup

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, cubed
- [ ] 2 cans (15 oz each) white beans, rinsed
- [ ] 1 cup corn kernels (fresh or frozen)
- [ ] 1 medium onion, diced
- [ ] 3 cloves garlic, minced
- [ ] 4 cups low-sodium chicken broth
- [ ] 1 cup heavy cream
- [ ] 1/2 cup Greek yogurt
- [ ] 1 tsp ground cumin
- [ ] 1 tsp dried oregano
- [ ] Juice of 1 lime
- [ ] 2 tbsp olive oil
- [ ] Salt and pepper to taste

Instructions

1. Heat olive oil in a large pot over medium heat; add onion and sauté until translucent, about 4 minutes.
2. Stir in garlic, cumin, and oregano; cook for another minute until fragrant, then pour in chicken broth to deglaze.
3. Add chicken cubes, bring to a gentle simmer, and cook for 5-7 minutes until the chicken is just cooked through.
4. Mix in white beans, corn, and heavy cream; let the mixture simmer gently for 10 minutes, stirring occasionally.
5. Remove the pot from heat; stir in Greek yogurt and lime juice, season with salt and pepper, then let it sit for two minutes for flavors to meld.
6. Serve hot, garnished with fresh cilantro, a drizzle of yogurt, and a wedge of lime on the side.

Nutrition per serving

420 kcal	32 g	30 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the chili thickens too much, add a splash more broth before serving.
- For a dairy-free version, substitute cream with coconut milk and yogurt with almond yogurt.
- A quick garnish of sliced green onions adds a fresh crunch.