

Chicken and White Bean Chili

For the Instant Pot



INGREDIENTS:

2 Boneless, skinless chicken breasts , cubed
6 garlic cloves, chopped
1 medium onion, chopped
1/4 cup fresh jalapeño peppers, chopped
3 cans Great Northern, or white cannelloni beans (or 1 cup dry beans, cooked)
2 tsp olive oil
4 cups (1 qt) chicken broth (I used a box of organic chicken broth)
1 1/2 tsp cumin
1 tsp chili powder (if you use the good stuff, it has a bit of a kick)
1/4 cup lime juice (I start with 1/2 of this and add slowly to taste)

1 T. Cornstarch
1 T. Water
1/4 cup chopped fresh cilantro

Cubed Avocado

Put all ingredients in the Instant Pot through lime juice. Cook on Soups and Stews for 20 minutes and let the pressure release on it's own.

(I made this several hours before and just left it on the counter, but that doesn't matter)

Before serving, mix 1 T Cornstarch with 1 T water and put it in the pot with the fresh cilantro. Pressure cook for 1 more minute. The cornstarch will give it a little extra thickening.

We garnished with Avocado.

Serve with Green Salad!