

## Wild White Chicken Chili

*1st place award at the 2019 EB Men's Health Chili Cook-Off*

### INGREDIENTS

- **3 lbs.** of boneless, skinless chicken breast (I try to find fresh chicken strips/tenders)
- **2 Tbsp.** of bacon fat or olive oil
- **2 Tbsp. + 2 tsp.** of chili powder (I grind 2 Tbsp. of dried chipotle chili and use 2 tsp. of ancho chili powder or dark chili powder – 2 types of chili is a must for great flavor)
- **2 Tbsp. + 1 Tbsp.** of cumin
- **¼ tsp. + a pinch** or two (or three) of cayenne pepper (I use super-hot) \*adjust pepper amount or scoville-level for your crowd
- **3 cups** of onion, diced (about 2 medium onions)
- **3 Tbsp.** of minced garlic (I have used more, but I like garlic)
- **(3)** 15.5 oz. cans of cannellini (white kidney) beans, drained and rinsed
- **(3)** 15 oz. cans of white hominy (treated white corn), drained and rinsed
- **(2)** 4 oz. cans of green chilies (I use roasted hot)
- **(2)** 4 oz. cans of mushroom bits + ends, chopped coarse
- **(1)** 8.8 oz. bag of Uncle Ben's Ready Rice, "Long Grain & Wild"
- **2 tsp.** of oregano
- **4-6 cups** of chicken stock (I do not use low sodium, because I do not add salt to the recipe. The chili gets its salt from every canned ingredient I use)
- **2 cups** of shredded white cheddar
- **2 cups** of shredded white Monterey Jack **OR** 2 cups of shredded white Pepper Jack (Use at least two flavors of cheese but stick to the 4 cups)
- **2 cups** of sour cream

### DIRECTIONS

- Preheat oven to 350°
- Prep the chicken. Spice with ancho chili powder, cumin and cayenne (I use a pepper shaker to apply)
- Place chicken on cookie cooling racks on foiled baking sheets and roast for 30 minutes (till cooked through)
- Cool and dice into bean-size pieces. Set aside.
- Use a large, heavy-bottom stock pot. Add bacon grease and sauté the onion and garlic until tender.
- Add chicken stock and remaining spices (hot cayenne adjusted to suit your crowd), beans, hominy, mushrooms and green chilies.
- Simmer for 30 minutes then add chicken and simmer for another 15 or so (Do not boil. You don't want rubber chicken chili)
- Give the chili a little texture by potato mashing a quarter of the pot (I just mash over and over in one spot. Don't over mash and turn it into mush)
- Remove from heat and let stand for 10 minutes. Then add sour cream and mix.
- Add cheese, mixing in-between each two cups.
- Add the Uncle Ben's Rice. Bring to simmer again to heat up after adding cheese and sour cream.

- Use remaining chicken stock if you need to thin the chili (I only had to once while cooking. I probably let it cook a little too long)
- **You're ready to serve!** Add garnishing to the top, like: chopped scallions, cilantro leaves, hot sauce or even shredded cheese and sour cream (My family likes an ice cream scoop-full of a good, basic spoon bread dolloped into the bowl of chili)

**This makes a good solid medium-heat chili, using the above amounts.**

**ENJOY!**