

Eat Happy Kitchen

Anna Vocino

WHITE CHICKEN CHILI (Slow Cooker and Instant Pot)

(Serves 6-8)

- 1 onion, chopped
- 1 red bell pepper, chopped
- 1 jalapeño, seeds discarded, chopped
- 3 celery stalks, chopped
- 1 teaspoon minced garlic
- 2 pounds boneless chicken breasts or thighs
- Salt and pepper
- 4 tablespoons taco seasoning (I use Eat Happy Kitchen's obviously)
- 4 cups chicken broth
- 14-ounce can full fat coconut milk
- 14-ounce can white beans, rinsed and strained (optional)
- Juice of 1 lime
- 2 tablespoons chopped cilantro leaves

Slow Cooker Instructions:

Place the onion, bell pepper, jalapeño, celery, and garlic in the slow cooker. Season the chicken with salt and pepper and place on top of veggies. Sprinkle the taco seasoning evenly atop the chicken and veggies. Pour over the broth. Cook on high 4-5 hours or low 8-9 hours.

Remove the chicken from slow cooker and shred it with two forks or meat claws. Put the shredded chicken back into the slow cooker. Add the coconut milk and white beans. Season with salt and pepper. Continue cooking uncovered on high for 30 more minutes. Turn off heat. Squeeze in lime juice and stir in cilantro leaves. Season once more with salt and pepper to taste. Let stand 10-15 minutes, then serve.

Instant Pot Instructions:

Place the onion, bell pepper, jalapeño, celery, and garlic in the Instant Pot. Season the chicken with salt and pepper and place on top of veggies. Sprinkle the taco seasoning evenly atop the chicken and veggies. Pour over the broth. Cover and cook on Manual for 30 minutes, with the pressure valve set to Sealing, letting the Instant Pot pressurize and depressurize naturally. When the metal float valve sinks back down, you can open the Instant Pot lid and proceed.

Remove the chicken and shred it with two forks or meat claws. Put the shredded chicken back into the Instant Pot and place on the sauté setting. Stir in the coconut milk and white beans. Season well with salt and pepper. Sauté uncovered on high for 30 more minutes. Turn off heat. Squeeze in lime juice and stir in cilantro leaves. Season the chili once more with salt and pepper to taste. Let stand 10-15 minutes, then serve.

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