



Peruvian Spicy White Chili





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INGREDIENTS

2 cups Doudlah Farms Organics
dry great northern beans

32 ounces chicken broth
(or vegetable broth)

1 teaspoon salt and pepper

1 tablespoon olive oil

1 large red onion, chopped

4 garlic cloves, minced

1 – 4 ounce can of green chilies

2 teaspoons ground cumin

1 teaspoon dried oregano

¼ teaspoon cayenne pepper

¼ teaspoon ground cloves

1 aji amarillo or jalapeño pepper

4 cups cooked chicken, cubed

2 cups of Monterey Jack cheese

Optional toppings:

Garnish with sour cream and sliced aji amarillo or jalapeño peppers. Serve with toasted bread.

Place beans in a colander, rinse them under cold water and discard any stones, dirt, or broken beans.

Put beans in a pot and cover with water 3 inches above the beans. Add salt and allow them to soak for 8 hours or overnight. The beans will double in size. Drain and rinse the beans.

Add soaked beans, broth, salt, and pepper to a Dutch oven or large soup kettle. Bring to a boil and reduce heat to medium-low; simmer for 90 minutes or until tender.

In a saucepan, add olive oil and red onion; cook until translucent. Add garlic, green chilies, cumin, oregano, cayenne pepper, ground cloves, and one chopped aji amarillo pepper. Stir and simmer for 3 minutes. Add sauté mixture and chicken to Dutch oven with cooked beans and broth; heat another 5 minutes. Remove from heat and add cheese; stir until melted and serve.

TIP: Are the beans making you gassy? Remove more toxins that make you gassy by draining the beans every 3 hours and covering them with fresh water throughout the soaking process. Total soaking time can be up to 24 hours.