

White Bean Chicken Chili w/ Greens

Homemade bone broth is the key to this flavorful, colorful, nourishing soup.



- 2 large handfuls of power greens (from Costco or Trader Joes)
- 1 green pepper (chopped)
- 1 red pepper (chopped)
- 1 medium onion (diced)
- 8 garlic cloves (chopped)
- 2 cups cooked chicken (diced)
- 2 - 14oz cans any kind of white beans (drained and rinsed) or soak your own
- 1 - 14oz can of crushed tomatoes
- 1 qt. (4cups) homemade chicken broth
- 2 tsp. cumin (or more)
- 1 tsp. oregano
- 1 Tbsp. ground chili pepper
- ¼ tsp. cayenne powder (optional)
- Oil of your choice (I use olive oil and ghee)
- Salt to taste

Saute garlic in oil until lightly golden. Add onions and cook until translucent. Add the red and green peppers and cook for a minute. Add chicken broth, beans, tomatoes, and season with cumin, chili, oregano and cayenne (optional). Salt to taste. Just before serving (about 15 - 20 minutes) add the greens to wilt and cook but still has the bright green color to it. Serve with gluten free cornbread and butter. Enjoy!