

SANTA FE CHICKEN & WHITE BEAN SOUP

Aunt Martha's favorite!

2 ½ c Great Northern beans, soaked in water overnight	Pinch cayenne pepper (optional)
Pinch dried red pepper flakes (optional)	6 T butter
11 c lightly salted chicken broth, divided	3 T olive oil
1 T dried oregano	4 c chopped onion
4 to 5 t salt	2 c chopped green bell pepper
4 t ground cumin	1 T dried parsley
2 t garlic powder	1 c chopped celery
1½ t onion powder	1 ½ t minced garlic, divided
1 t paprika	2 to 3 T all purpose flour
1 lb boneless, skinless chicken breast, chopped	1 7 oz can diced green chilies
½ t chili powder	1/8 t white pepper
	1/8 t black pepper

Optional garnishes: shredded Havarti cheese, salsa, sour cream & chopped fresh cilantro!

Drain the soaked beans. Combine in a large soup pot with 8 c chicken broth. Bring to a boil, cover and simmer 1 ½ to 2 hrs until tender.

Combine oregano, parsley, 4 t salt, cumin, garlic powder, onion powder, paprika, chili powder, white and black peppers, cayenne and red pepper flakes in a small bowl, set aside.

In a large saucepan, heat butter and olive oil, add onion, bell pepper, celery, ½ T garlic and a third of the reserved seasoning mix. Sauté over medium heat about 5 minutes.

Add another ½ t garlic and another third of the seasoning mix; continue sautéing until celery is tender. Add remaining ½ T garlic, remaining seasoning mix and 2 to 3 tablespoons flour, cook 5 to 7 minutes longer. Whisk in remaining 3 cups chicken broth, cooking until thickened.

Add cooked beans and their broth, chicken and green chilies, heat until chicken is just cooked done, about 5 to 6 minutes. Serve hot in bowls garnished with Havarti cheese, salsa, sour cream and cilantro.

Makes 6-8 servings.

Calories: 399, Carbohydrate: 44.5 grams, Protein: 10 grams, Fat: 20 grams.