

SPICY WHITE CHILI

([BITE OF LIFE](#) BLOG)

2-4 organic, free-range chicken breasts (*or ground turkey*)

32 oz. low sodium organic chicken broth

3 cups water

2-3 cans white kidney beans (*or any other white bean*), drained and rinsed. Mash one can of beans.

1 cup shelled edamame beans

1 green bell pepper, chopped

1 medium white onion, chopped

2 garlic cloves, diced

1/2 tsp chili powder

1/4 tsp cayenne pepper (*or more if you like it spicy like me*)

1/4 tsp garlic powder

sea salt & pepper, to taste

dried parsley (*optional*)

1 TBS coconut oil

Heat the coconut oil in a stock pot and add cubed chicken-breasts. Add cayenne pepper, garlic powder, sea salt, & pepper and cook until done.

Add chopped bell pepper, onion, and garlic to chicken and allow to cook over medium-high heat for 4-6 minutes.

While that cooks, mash one can of beans. This makes the soup a little creamy.

Add broth, water, beans, chili powder, & parsley to chicken mixture and bring to a boil.

Reduce heat, cover, and allow to simmer for 15-20 minutes.

Add more of the seasonings as needed.