

Winter White Chili - recipe from TheOtherWhiteMeat.com

Times: 5 minutes prep, 20 minutes cook

Ingredients:

- 1 pound ground pork
- 1 medium onion, diced
- 1 teaspoon ground cumin
- 2 teaspoons chili powder
- 1 16-oz. can white beans, drained
- 1 14-oz. can corn, drained
- 1 14 1/2-oz. can chicken broth
- 1 4-oz. can diced green chiles

Cooking Directions:



In large saucepan, brown pork with onion, stir in cumin and chili powder; stir. Stir in remaining ingredients; bring to a boil, cover and simmer for 15-20 minutes, until heated through and flavors are blended.

Serves 6

Nutrition:

Calories: 236 calories

Protein: 22 grams

Fat: 6 grams

Sodium: 565 milligrams

Cholesterol: 40 milligrams

Saturated Fat: 2 grams

Carbohydrates: 25 grams

Fiber: 8 grams

