

## Ingredients

- 4 medium skinless, boneless chicken breasts
- 4 cups [chicken stock](#)
- 1 clove garlic minced
- 1 medium onion diced
- 1 (15-ounce) can white beans, drained
- 1 (4-ounce) can diced green chilis, with liquids from chilis
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon chopped fresh oregano

If you would like to share your favorite recipe with us, contact Dr. Margaret Rea  
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## Monthly Wellness Recipes

### White Chicken Chili

This month's recipe is from Sarah Arsenoff, M.S., Advisor, Office of Medical Education, School of Medicine

“Hi All, I’m one of the staff advisors for the School of Medicine. When I’m not in the office, you can find me hiking the great outdoors, walking around Midtown, or working part time at a local gym. I also love food but after the holiday season the last thing I want to do is put a lot of effort into my cooking, but I do think about staying pretty healthy with easy recipes. Here’s a white chicken chili recipe that you can set and forget in a crockpot, or simmer on the stove. If you’re not a fan of one ingredient, swap it out for one of your favorites. Eat it all week, or freeze some for later, you really can’t go wrong. Just about all of this stuff is at Trader Joes, making it student budget friendly.”

### Cooking Instructions

1. Add chicken to a 4-quart, heavy bottomed Dutch oven or stockpot over medium heat. Add chicken stock & cook until tender, about 15 minutes. Shred chicken with two forks & then add back to the liquid.
2. Add garlic and onion to stockpot, white beans, green chilis, dried oregano, cumin, chili powder, salt, pepper, and chopped fresh oregano. Stir until well-combined.
3. Simmer over low heat for about 5 minutes. Remove from heat and serve.