

Prep Time: 20 minutes | Cook Time: 45 minutes | Total Time: 1 hour 5 minutes | Difficulty: Easy

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Why You'll Love This Recipe

White Chicken Chili is the creamy, cozy cousin of classic chili — all the warmth and heartiness, none of the tomato-heavy heaviness. Tender shredded chicken, creamy white beans, sweet corn, and green chiles simmer in a silky, lightly spiced broth that's rich without being overwhelming. It's a one-pot meal that comes together in about an hour, most of which is hands-off simmering. Perfect for weeknight dinners, game days, and chilly evenings, it's also a crowd-pleaser that freezes beautifully.

Ingredients

For the Chili:

- 2 tablespoons olive oil
- 1 medium yellow onion, diced (about 1 cup)
- 1 jalapeño, seeded and minced (optional, for heat)
- 4 garlic cloves, minced
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- ½ teaspoon chili powder
- ¼ teaspoon ground coriander
- ¼ teaspoon cayenne pepper (optional)
- 1½ pounds boneless, skinless chicken breasts (or thighs)

- 4 cups low-sodium chicken broth
- 2 (15-ounce) cans white beans (cannellini or great Northern), drained and rinsed
- 1 (4-ounce) can diced green chiles
- 1 cup frozen corn kernels
- 1 teaspoon kosher salt, plus more to taste
- ½ teaspoon black pepper
- ½ cup sour cream (or Greek yogurt), plus more for serving
- ¼ cup heavy cream (optional, for extra richness)
- 2 tablespoons fresh lime juice (about 1 lime)
- ¼ cup chopped fresh cilantro

For Serving:

- Shredded Monterey Jack or pepper Jack cheese

- Diced avocado
 - Crushed tortilla chips
 - Lime wedges
 - Sliced jalapeño
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Equipment

- Large Dutch oven or heavy-bottomed pot (5–6 quart)
 - Wooden spoon
 - Two forks (for shredding chicken)
 - Ladle
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Instructions

Step 1: Sauté the Aromatics — *Time: 5 minutes* | *Intensity: Medium*

Heat the olive oil in a large Dutch oven over medium heat (about 350°F / 175°C) until shimmering, about 1-2 minutes. Add the diced onion and cook, stirring occasionally, until softened and translucent, 4-5 minutes. Add the jalapeño (if using) and garlic and cook until fragrant, about 1 minute — do not let the garlic brown.

Step 2: Bloom the Spices — *Time: 1 minute* | *Intensity: Medium*

Add the cumin, oregano, chili powder, coriander, and cayenne (if using). Stir constantly for 30-60 seconds until the spices are toasted and fragrant. Blooming the spices in oil is what gives this chili its depth — don't skip this step, but watch carefully so they don't burn.

Step 3: Simmer the Chicken — *Time: 20-25 minutes* | *Intensity: Low*

Pour in about ½ cup of the chicken broth to deglaze the pot, scraping up any browned bits with your wooden spoon. Add the chicken breasts in a single layer, then pour in the remaining broth. Bring to a gentle simmer over medium-high heat (small bubbles breaking the surface, not a rolling boil), then reduce heat to low, cover, and cook until the chicken reaches 165°F (74°C) internally, 20-25 minutes. Turn the chicken once halfway through.

Step 4: Shred the Chicken — *Time: 5 minutes* | *Intensity: Low*

Transfer the chicken to a cutting board and shred with two forks (or shred directly in the pot using two forks or a potato masher). Set aside.

Step 5: Build the Chili — *Time: 15 minutes | Intensity: Low-Medium*

Return the shredded chicken to the pot along with the white beans, green chiles, corn, salt, and pepper. Bring to a gentle simmer over medium heat, then reduce to low and simmer uncovered for 10–15 minutes, stirring occasionally, until slightly thickened and the flavors meld.

Step 6: Make It Creamy — *Time: 2 minutes | Intensity: Low*

Reduce the heat to low (the chili should not be boiling). Whisk a ladleful of hot broth into the sour cream to temper it, then stir the mixture back into the pot. Add the heavy cream (if using) and stir until fully incorporated. Do not boil after adding the dairy, or it may curdle.

Step 7: Finish and Serve — *Time: 2 minutes | Intensity: Low*

Stir in the fresh lime juice and cilantro. Taste and adjust salt as needed. Ladle into bowls and top with cheese, avocado, crushed tortilla chips, a dollop of sour cream, and lime wedges.

Recipe at a Glance: Time & Intensity

Stage	Time	Heat Level	Intensity
Sauté aromatics	5 min	Medium (350°F)	Medium
Bloom spices	1 min	Medium	Medium
Simmer chicken	20–25 min	Low simmer	Low
Shred chicken	5 min	—	Low
Build & simmer chili	10–15 min	Low–Medium	Low–Medium
Add dairy	2 min	Low	Low
Finish & serve	2 min	Low	Low
Total	~1 hr 5 min	—	Easy

Nutrition Information (per serving, 1 of 8)**

Calculated with sour cream and without optional heavy cream; toppings not included.

- Calories: ~310
- Total Fat: 11 g (Saturated: 4 g)
- Cholesterol: 70 mg
- Sodium: 620 mg
- Total Carbohydrates: 24 g (Fiber: 6 g; Sugars: 4 g)
- Protein: 30 g