

## Ingredients

Cooking  
is  
Bliss!

- 2 pound boneless, skinless chicken breasts
- 1 ½ teaspoon salt
- 2 teaspoons garlic powder
- 2 teaspoons of Mrs. Dash original blend
- 2 tablespoons olive oil
- ½ medium onion diced
- 3 ribs celery diced
- 4 garlic cloves minced
- 1 can white kidney beans
- 1 teaspoon Italian seasoning
- 1 teaspoon paprika
- 1 teaspoon black pepper
- 2 cups chicken broth
- 1 cup sour cream
- 1 ½ cup heavy cream
- 1 cup of fresh corn
- ½ cup parmesan cheese
- ¾ cup white cheddar

## Toppings

- Jalapeno peppers,
- sour cream
- tortilla strips

*The heartiness from the beans & chicken, the creaminess of the broth! the sweetness from the corn, the zing from the jalapeno peppers, & the crunch of those tortilla strips all makes this chili a delicious meal!*



1. Season chicken with salt, garlic powder & Mrs. Dash's original blend. Arrange on a sheet pan and place in the oven for 20 minutes at 400 degrees F. Once completely cooked, shredded the chicken.
2. Add onion, celery, & garlic to a saucepan with olive oil over medium heat. Cook until translucent.
3. Add kidney beans & season with Italian seasoning, paprika, & black pepper. Cook for 5 minutes & add shredded chicken.
4. Pour in chicken broth, & simmer for 10 minutes over medium-low heat. Add sour cream, heavy cream & corn, then allow to simmer for 5 minutes.
5. Add parmesan cheese & white cheddar cheese & simmer on low for ten minutes.
6. Season with salt to taste.
7. Ladle into a bowl & top with jalapeno peppers, a dollop of sour cream, & tortilla strips.

