

White Chicken Chili

This recipe will make 2 medium trays of chili*

Contributed by: Martha Rayon

Ingredients:

2 tsp Avocado Oil divided (or chicken broth)	¼ tsp Cinnamon
2 lbs cubed Chicken Breast	Pinch of Cloves
Sea Salt	6 C Chicken Broth
Black Pepper	3 oz Pine Nuts
4 cloves Garlic, minced	1~15 oz can Sweet Potato Puree
1 medium Onion, finely diced	Chipotle Powder to taste
3 ribs Celery, finely diced	2 tsp Red Wine Vinegar
2 TBSP Chili Powder	2 tsp Coconut Aminos
2 tsp ground Cumin	Sliced Scallions and Lime Wedges for Garnish
	Sour Cream, for serving (optional)



Directions:

1. Heat 1 teaspoon oil/broth in Instant Pot on Saute or on stove top in a pan. Add chicken and 1 teaspoon salt, and sear. Brown in 2 parts of need be. Remove chicken.
2. Turn heat down to medium, and heat the remaining teaspoon of oil/broth. Add the garlic, onion, and celery, and cook for 5 minutes, until soft
3. Add the chili powder, cumin, cinnamon, and cloves, and stir, cooking for 1 minute. Pour in the broth, scrape the bottom of the pan, and transfer to the Instant Pot. Add chicken back in.
4. Add the pine nuts, sweet potato puree, chipotle seasoning, wine vinegar, coconut aminos, 2 teaspoons salt, and pepper to taste.
5. **Programmable pressure cooker** cook for 13 minutes with natural pressure release. **Slow cooker:** Cover, and cook on Medium setting for 6 hours. Let chili cool before chilling.
6. Place on parchment lined freeze dryer trays and freeze solid.
7. Freeze Dry
8. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 35 hours	Rehydration: For each two meal gusseted bag, measure up 2 1/4 cups liquid. Use this liquid gradually to rehydrate. This rehydrates beautifully but you need to give it at least 20 minutes.
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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray