

White Chicken Chili

This recipe makes approximately 9.5 cups of chili



Ingredients

2 tsp avocado oil, divided
2 lbs cubed chicken breast
Sea salt
Black pepper
4 cloves garlic, minced
1 medium onion, finely diced
3 ribs celery, finely diced
2 tbsp chili powder
2 tsp ground cumin
¼ tsp cinnamon
Pinch of cloves
6 cups chicken broth
3 oz pine nuts
1 15-ounce can sweet potato puree
Chipotle powder, to taste
2 tsp red wine vinegar
2 tsp coconut aminos

Directions:

1. Heat 1 teaspoon of avocado oil (or broth) in an Instant Pot on Sauté mode or in a pan on the stove.
2. Season the cubed chicken with 1 teaspoon salt and sear it in batches until browned. Remove and set aside.
3. Reduce heat to medium and add the remaining 1 teaspoon oil (or broth).
4. Add the garlic, onion, and celery. Sauté for about 5 minutes, until softened.
5. Stir in the chili powder, cumin, cinnamon, and cloves. Cook for 1 minute to release flavors.
6. Pour in the chicken broth, scrape the bottom of the pot to deglaze, and transfer to the Instant Pot if using a stovetop pan.
7. Return the seared chicken to the pot.
8. Add the pine nuts, sweet potato puree, chipotle powder (to taste), red wine vinegar, coconut aminos, 2 teaspoons salt, and black pepper. Stir to combine.
9. For Instant Pot: Cook on High Pressure for 13 minutes, followed by a natural pressure release.
10. For Slow Cooker: Cover and cook on Medium for 6 hours.
11. Let the chili cool completely before transferring to parchment-lined freeze dryer trays. Freeze solid before freeze drying.
12. Freeze dry (my cycle time was 35 hours)
13. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

To rehydrate one serving of freeze-dried chili, place 1 cup of freeze-dried chili in a bowl or pot. Add ¾ cup of hot water and stir. If it's too thick, gradually add more water, up to 1 cup. Let it sit for 20 minutes, stirring occasionally. For faster rehydration, heat on low while stirring.

Notes: This pairs wonderfully with sliced scallions and a dollop of sour cream.

Nutritional Value Per 1 cup of freeze dried chili mix

Calories: 229 Protein: 26 g Fat: 10 g Carbohydrates: 11 g Sugar: 6 g Fiber: 2 g