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## Mama Fox' Spicy Light Chili - E

*This recipe is by Coach Shannon Fox from Trim Healthy Fox! Shannon says: "Here's one of my favorite easy E meals. Actually, this is my husband's hands-down favorite white chili – and believe me, we've tried many different versions, but this spicy-loving family prefers the kick in the pants flavor of this one. Hope you enjoy this lighter chili, too!"*

Serving Size: Family-serve; Approximately 6

### INGREDIENTS:

- 1 onion
- 2-15 ounce cans or 1 quart chicken broth
- 2-10 ounce cans diced Rotel brand tomatoes
- 2-15.5 ounce cans great northern beans
- 2-12.5 ounce cans chicken breast meat
- 1 & 1/2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic salt
- 1/4 teaspoon ground white pepper

### INSTRUCTIONS:

1. Chop onion and brown in pan.
2. Combine all of the canned ingredients into a large soup pot.
3. Combine all of the dry ingredients in a small bowl, then add to soup pot.
4. Add browned onions to soup pot.
5. Simmer 1-hour for best flavor.

*(Recipe Continued... Serving Suggestions)*

*(Mama Fox' Spicy Light Chili , Continued)*

**SERVING SUGGESTIONS:**

- This is a pretty light E meal, so feel free to enjoy a small fruit on the side or a slice of sprouted toast for dunking.
- For hubby and growing kids, top their chili with shredded cheddar cheese and/or sour cream for a nice Crossover (XO) meal.



The *Mama Fox' Spicy Light Chili* recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com)