

# White Chicken Chili

3.5 c. water  
1 tsp. cumin seeds  
1.5 pounds boneless skinless chicken breasts  
1/2 pound dry Great Northern beans + bay leaves + cumin seeds  
olive oil  
1 lg. onion chopped  
3 cloves garlic chopped or pressed  
several Poblano chili peppers halved and seeded (but leave seeds in one) then diced  
1.5 - 2 c. frozen white corn  
1 c. chicken broth  
3 Tablespoons fresh lime juice (or from a jar)  
1 tsp salt  
2 tsp. cumin powder  
1/2 tsp coriander  
chopped cilantro

--Simmer chicken breasts with cumin seeds for half hour. Cool then chop into 1/2" pieces

--If the beans are dry do a fast soak method with cumin seeds and a bay leaf. If in a can, just open and dump. Toss with diced chicken.

--Heat olive oil in fry pan. Throw in about a half teaspoon of cumin seeds ... when they pop the oil is ready. Saute the onion and garlic til tender. Add the poblano chilies and ground spices ... stir and cook til it smells good. Add lime juice & frozen corn stir and let it sit for a while.

--Put everything together with the chicken broth in a crockpot and cook on low for 7-8 hours or high for 4-5 hours.

--Serve with shredded cheddar cheese & sour cream over brown rice ... YUM!