

## White Bean Chili

In the winter, we probably eat some kind of soup or stew twice a week at least. It's easy, filling, and makes great leftovers for lunch the next day. I try to vary what kinds we eat, but I've got a few that always seem to be in rotation.

This one was a new one, one of those "clean out the pantry" type recipes. My pantry was overflowing with canned goods, so I dug out a few cans and came up with this easy, fast recipe that is seriously full of flavor.

It starts with a simple sauté — onions, peppers, and garlic in avocado oil. Then some seasonings, spinach, broth, chilies, beans, and corn. Normally in a recipe like this, I would have roasted the corn in my skillet beforehand, but I wanted this to be quick, so I just added it frozen. Some milk for creaminess rounded it out, and then the toppings (my favorite part of any soup), which included an extra drizzle of avocado oil, because, why not?

This is kind of a variation on white chicken chili, but without the chicken. If you have some cooked chicken breast in your fridge, by all means add it. All in all, I found this to be a nutritious meal, perfect for a cold night.

### Ingredients:

3 tablespoons Ava Jane's Kitchen extra-virgin avocado oil  
1 onion, diced  
1 bell pepper, any color (I used red), diced  
1 jalapeño pepper, minced  
3 cloves garlic, minced  
4 cups baby spinach  
1 tablespoon cumin  
1 teaspoon ground coriander  
3 tablespoons flour  
4 cups broth of your choice  
1 small can diced green chilies  
2 cans white beans, drained  
1 cup corn kernels  
2 cups whole milk or half and half  
Juice of 1 lime  
Small bunch fresh cilantro, chopped  
Toppings of your choice: diced onions/peppers, cheese, tortilla chips, diced avocado, a drizzle of Ava Jane's Kitchen extra-virgin avocado oil  
Sea salt and fresh ground pepper, to taste

### Directions:

Heat the avocado oil in a large pot or Dutch oven and add the onions and peppers. Cook for 4-5 minutes, until softened and add the garlic, spinach, seasonings, and flour. Stir and cook for 2-3 minutes.

Add the broth and bring to a boil. Reduce to a simmer and add the chilies, beans, and corn. Simmer for 5-6 minutes, until slightly thickened and add the milk. Simmer until heated through and stir in the lime juice and cilantro.

Serve hot, topped with the garnishes of your choice.