

White Vegetarian Chili

- 1 Tbsp olive oil
- 1 white onion , diced
- 1 green bell pepper , diced small
- 1 jalapeno , diced
- 3 garlic cloves , minced
- 1 Tbsp cumin
- 1/4 cup all-purpose flour
- 4 cups low-sodium vegetable broth
- 3 15- ounce cans Great Northern beans , drained and rinsed
- 1 4- ounce can chopped green chilies
- 3/4 cup frozen corn
- 2 cups warmed whole milk (use non-dairy if wanting to make the recipe vegan)
- Salt / Pepper , to taste
- Lime juice , to taste
- garnish options: cilantro , avocado, tortilla chips, pickled jalapenos, radish slices, hot sauce

Heat olive oil over medium in a large stock pot.

Add onion, pepper, and jalapeno and saute for 7 to 10 minutes, or until the vegetables are soft and onions translucent.

Add garlic and cumin and saute for another 30 seconds.

Next, add flour and toss until the vegetables are coated. Slowly add in vegetable stock, while stirring, and then add in beans, green chilies, and corn.

Turn heat to medium-high and bring to a boil. Once boiling, turn heat down to medium-low and let simmer for 15 minutes.

Stir in warm milk and let simmer for another 2 minutes.

Remove from heat and season with salt, pepper, and lime juice. Divide between serving bowls and garnish before serving.

JESSICA MARQUARDT

HR SPECIALIST & MARKETING ASSISTANT

(502) 554-9749 • (502) 641-2020 cell • (502) 716-7709 fax

Jessica@kwPriceGroup.com



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