

Great Northern Beans, Dry

Great Northern beans boast a thin skin and tender texture, making them ideal for delicate dishes. They retain their shape and offer a subtle, delicate flavor, perfect for minestrone soup, chicken chili, cassoulets, and lighter baked dishes where their texture and taste can shine without dominating the overall dish.

Cooking Instructions

Stove Top Instructions

To prepare Great Northern beans on the stove top, start by rinsing one pound of dry beans under cold water. Place them in a dutch oven or large kettle, and cover with fresh water, and let them soak overnight at room temperature. The next day, drain and rinse the soaked beans, returning them to the large pot. Add chicken broth, bay leaves, and garlic cloves for aromatic depth. Bring to a gentle boil on medium-high heat, then reduce to a simmer. Add a pinch of salt and red pepper flakes, allowing the beans to cook slowly until tender and creamy.

White Chicken Chili:

1 small yellow onion diced

1 tbsp olive oil

2 cloves garlic finely minced

2 (14.5 oz) cans low-sodium chicken broth

1 (7 oz) can diced green chilies

1 1/2 tsp cumin

1/2 tsp paprika

1/2 tsp dried oregano

1/2 tsp ground coriander

1/2 tsp of onion powder

1/4 tsp cayenne pepper

salt and pepper to taste

1 (8 oz) pkg Cream Cheese, cut into small cubes

1 1/4 cup canned corn

1 pound of Great Northern Beans, previously cooked

2 cans of canned chicken

1 Tbsp fresh lime juice

2 Tbsp chopped fresh cilantro, plus more for serving

Tortilla chips or strips, monterrey jack cheese, sliced avocado for serving (optional)

Instructions:

Heat olive oil in a large pot over medium-high heat. Add onion and sauté 4 minutes. Add garlic and sauté 30 seconds longer.

Add chicken broth, green chilies, cumin, paprika, oregano, coriander, onion powder, cayenne pepper and season with salt and pepper to taste. Bring mixture just to a boil then reduce heat to medium-low and simmer 15 minutes.

Add cream cheese to soup along with corn, whole beans and Simmer 5 - 10 minutes longer.

Stir in chicken, fresh lime juice and cilantro. Serve with Monterrey Jack cheese, more cilantro, avocado slices and tortilla chips if desired.

Servings: 6

Serving size: 1 1/4 cups

Nutrition Facts:

White Chicken Chili

Amount Per Serving

Calories 383Calories from Fat 126

% Daily Value*

Fat 14g22%

Saturated Fat 6g38%

Cholesterol 77mg26%

Sodium 525mg23%

Potassium 516mg15%

Carbohydrates 35g12%

Fiber 8g33%

Sugar 5g6%

Protein 33g66%

Vitamin A 560IU11%

Vitamin C 8.4mg10%

Calcium 166mg17%

Iron 5mg28%

* Percent Daily Values are based on a 2000 calorie diet.