

Instant Pot White Chicken Chili

by [Jeffrey](#) | Feb 2, 2019

Ingredients

- 2 tbsp of olive oil
- 1 large poblano pepper, diced and de-seeded (you can use two if you wish – it's not spicy)
- 4 tbsp of salted butter, divided in half
- 1 large Spanish onion, diced
- 1 tbsp of crushed garlic
- 2-3 lbs of chicken tenders, breasts or thighs (I used tenders), cut into bite-sized pieces
- 7 oz can of roasted green chiles (these aren't spicy)
- 1 cup of [salsa verde](#) (green salsa that's usually mild in spice. I like the [Goya brand](#) for this)
- Juice of 1 lime
- 4 cups of chicken broth (I use 4 tsp of [Chicken Better Than Bouillon](#) + 4 cups of water)
- 1 tsp of seasoned salt
- 1 tsp pepper
- 1 tsp chili powder
- 2 tsp ground cumin
- Two 15.5 oz cans of white beans of your choice (Cannellini, Great Northern or Navy work well), drained and rinsed
- 3 tbsp of cornstarch + 3 tbsp of water, mixed together to form a cornstarch slurry
- 1/4 cup of sour cream
- **Optional for a richer chili:**
- 10 oz package of frozen corn
- 1-2 cups of shredded Monterey Jack cheese
- 1-2 tbsp of [Chili Better Than Bouillon](#)
- Fresh cilantro, for garnish

You can also skip the roasting step altogether if you wish BUT it really brings out the flavor in the peppers which impacts the end-result flavor of the Chili

As always, Chili is always better the next day once refrigerated and the flavors come together and congeal, so feel free to make it ahead of time!

If you want a thicker Chili, simply double the cornstarch slurry.

"No tomatoes in this Chili?!" Nope! That's part of what differentiates this White Chili from a traditional Red Chili! But you can always feel free to add some if you wish!

Try my mega-popular, award-winning [Blue Ribbon Chili](#) as well!

If you have leftovers and want to turn it into a spectacular dip, simply reheat and stir in more shredded cheese until thickened into a dip-like consistency. Serve with tortilla chips.

Instructions

1. **If using a [Ninja Foodi](#)**, place the the diced poblano pepper in the pot and drizzle the olive oil over it. Lower the TenderCrisp lid and hit "Broil" for 12 minutes. **If using an [Instant Pot](#)**

and you wish to roast the peppers first, place the diced poblano peppers on a baking sheet, drizzle in oil and place in the oven on broil for 12-15 minutes (**NOTE: you can also skip the roasting step altogether if you wish BUT it really brings out the flavor in the peppers which impacts the end-result flavor of the Chili**)

2. Hit "Sauté" and adjust so it's on the "More" or "High" setting. Add 2 tbsp of the butter to the pot. Once melted and bubbling, add the onion (and poblano pepper and olive oil if you roasted the peppers in the oven or skipped Step 1). Sauté for 3 minutes and then add the garlic and sauté for another minute
3. Now, add in the chicken and the other 2 tbsp of butter and sauté, constantly stirring for another 3-4 minutes until the chicken becomes pinkish-white in color (it should not be fully cooked by now – just seared)
4. With the exception of the sour cream, cornstarch slurry and optional ingredients (these come after pressure cooking), add everything else and stir. Just make sure to add the beans on top at the end and, rather than stirring them in, lightly smooth them out so they're just below the broth
5. Secure the lid, hit "Pressure Cook" or "Manual" for 5 minutes at high pressure. Quick release when done
6. Hit "Sauté" and once it begins to bubble, stir in the cornstarch slurry for a minute and then hit "Keep Warm"
7. Stir in the sour cream and add any desired optional ingredients and let set/meld for another 2 minutes
8. Serve over rice and top with Monterey Jack cheese, cilantro and sour cream, if desired
9. Enjoy!