BUFFALO CHICKEN AND WHITE BEAN CHILI

Serves 4

For the chili:
Two 15-ounce cans Great Northern beans, drained and rinsed
2 tablespoons extra-virgin olive oil
2 medium carrots, minced
1 celery rib, minced
1 medium yellow onion, minced
5 garlic cloves, minced
2 teaspoons smoked paprika
½ teaspoon ground cumin
¼ teaspoon freshly ground black pepper
¼ cup plus 3 tablespoons Frank’s Red Hot Buffalo Wing Sauce, plus extra as needed
2 cups low-sodium chicken broth
Two 8-ounce boneless, skinless chicken breasts
½ teaspoon dried dill weed
Kosher salt to taste

For serving:
½ cup crumbled blue cheese or grated sharp cheddar
2 whole scallions, thinly sliced
1 celery rib, thinly sliced crosswise into half-moons

Instructions:
> Place half of the beans in a large bowl and roughly mash them with a fork. Set aside.
> Heat the oil in a medium Dutch oven or heavy-bottomed soup pot. When the oil is hot and shimmering, add the carrots, celery, onion, and garlic and cook for about 5 minutes, until the vegetables have softened and the onion is translucent.
> Add the paprika, cumin, and black pepper and cook for 1 minute just to toast the spices. Add the wing sauce, mashed beans, whole beans, and chicken broth and bring to a simmer.
> Slice the chicken breasts in half crosswise (to help them cook more quickly) and add them to the pot.
> Cover the pot with a lid and simmer for 15 minutes, or until the chicken is cooked through.
> Carefully transfer the chicken to a cutting board. Shred the meat with two forks, then return it to the pot.
> Stir in the dill and simmer, uncovered, for 10 minutes more, or until the chili has thickened slightly.
> Taste and season with a little salt or extra wing sauce if necessary.
> Ladle the chili into bowls. Garnish with the cheese, scallions, and celery, and get after it.

Just the Tip:
Save prep time by using your food processor to finely chop the carrots, celery, onion, and garlic.

Recipe from The Dude Diet Dinnertime, reprinted with permission from Harper Wave.