
Slow Cooker Chicken Chili

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Preparation Time: 10 minutes

Start to Finish Time: 6 hours 10 minutes

2 cans (15 ounce ea) reduced-sodium navy beans, rinsed and drained

1 jar (16 ounce) green salsa (salsa verde)

1 can (14.5 ounce) low-sodium chicken broth

1 can (14 ounce) no-salt-added corn, drained

1 can (10 ounce) no-salt-added diced tomatoes with green chilies, with juices

1 cup chopped onion

1/2 teaspoon dried oregano

1/2 teaspoon black pepper

1/4 teaspoon cumin

1 1/4 pounds boneless/ skinless chicken breasts

In a five- to six-quart slow cooker, stir together the beans, green salsa, broth, corn, tomatoes, onion, oregano, pepper and cumin. Arrange the chicken breasts over the mixture.

Cook on LOW heat for six hours or on HIGH heat for three hours.

Transfer the chicken to a cutting board and shred using two forks. Return the chicken to the slow cooker and stir.

Serve with desired toppers.

Soups, Chili, Stew

Per Serving (excluding unknown items): 114 Calories; 4g Fat (18.4% calories from fat); 16g Protein; 19g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 150mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 3 Vegetable; 0 Fat.