
Chili Chicken Fajita (Slow Cooker)

Sue Frendreis

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

2 pounds skinless/ boneless chicken breasts, cut into one-inch pieces

1 tablespoon chili powder

1 teaspoon fajita seasoning

1/2 teaspoon ground cumin

2 cloves garlic, minced

non-stick cooking spray

2 cans (14-1/2 ounce ea) no-salt diced tomatoes

1 package (16 ounce) frozen pepper and onion stir fry veggies

1 can (15 ounce) cannellini beans, rinsed and drained

3 tablespoons sour cream (optional)

3 tablespoons shredded Cheddar cheese (optional)

3 tablespoons guacamole (optional)

In a medium bowl, combine the chicken, chili powder, fajita seasoning, cumin and garlic. Toss to coat.

Coat an unheated large skillet with nonstick spray. Preheat the skillet over medium heat. Cook the chicken pieces, one-half at a time, in the hot skillet until browned on all sides, stirring occasionally.

Place the chicken in a 3-1/2 to 4 quart slow cooker. Add the tomatoes, frozen vegetables and cannellini beans. Cover and cook on LOW for 4 to 5 hours or on HIGH for 2- to 2-1/2 hours.

If desired, top with sour cream, shredded cheese and/or guacamole.

(NOTE: If the chili is too watery, mix a paste of flour and water in a small bowl. Add to the liquid and simmer until thickened.)

Chicken

Per Serving (excluding unknown items): 709 Calories; 3g Fat (3.9% calories from fat); 49g Protein; 128g Carbohydrate; 33g Dietary Fiber; 0mg Cholesterol; 111mg Sodium. Exchanges: 8 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1/2 Fat.