



Crockpot Chicken Chili

What is better on a cold winter day than a hot dinner waiting for you when you get home?

INGREDIENTS

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| 1-1/2 pounds boneless skinless chicken breasts, cut into 1/2-inch cubes | 1 teaspoon salt |
| 3 tablespoons canola oil | 1 teaspoon ground cumin |
| 1 can (15 oz) white kidney or cannellini beans, rinsed and drained | 1 teaspoon minced garlic |
| 1 can (14-1/2 oz) diced tomatoes with mild green chilies, undrained | 1/2 teaspoon celery salt |
| 1 cup frozen corn | 1/2 teaspoon ground coriander |
| | 1/2 teaspoon pepper |
| | Sour cream and shredded cheddar cheese, optional |

DIRECTIONS

1. In a large skillet, saute chicken and onion in oil for 5 minutes or until chicken is browned.
2. Transfer to a 5-qt. slow cooker. Stir in the beans, tomatoes, corn and seasonings. Cover and cook on low for 5 hours or until chicken is no longer pink. Garnish with sour cream and cheese if desired.



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Nutrition Facts	
Serving Size: (0.0g)	
Servings Per Container: 6	
Amount Per Serving	
Calories 300	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 1040mg	43%
Total Carbohydrate 24g	8%
Dietary Fiber 6g	24%
Sugars 6g	
Protein 31g	
Vitamin A 10%	• Vitamin C 30%
Calcium 8%	• Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet.	