

Recipes

Slowcooker White Chicken Chili

Ingredients:

- pound navy beans, dried
 chicken breast halves without skin (1 1/2 lbs)
 onion, chopped
 cloves garlic (or 1/2 tsp. garlic powder)
 teaspoon ground cumin
 teaspoon oregano, dried
 1/2 teaspoons chili powder
 ounces low sodium chicken broth
- 2 cups water

Directions

- 1. Soak beans overnight. Drain water the next day and put in Crockpot.
- 2. Cut ends off of onion and peel off brown layers. Chop into small pieces. Add to Crockpot.
- 3. Cut chicken into bite size pieces, and brown if desired. Add to Crockpot.
- 4. Mince the garlic and add with ground cumin, oregano, chili powder, broth and water to crock pot. Stir to mix thoroughly and cover.
- 5. Cook on low for about 10 hours, or on high 5-6 hours.

TIP: Excellent source of fiber and protein. Makes a complete meal!

Equipment:

Cutting Board

Measuring cup

Measuring spoons

Number of Servings: 8

Prep Time: 30 minutes

Total Time: 10 hours

Crock pot

Saucepan

Knife

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Nutrition Facts Serving Size: 1 1/2 cup Servings: 8			
Amount Per Serving			
Calories 407		Calories from Fat 27	
%Daily Value*			
Total Fat 3g			4%
Saturated Fat 2g			3%
Cholesterol 68mg			23%
Sodium 208mg			9%
Total Carbohydrate 49g			16%
Dietary Fiber 19g			76%
Protein 47g			94%
Vitamin A	5%	Vitamin C	10%
Iron	35%	Calcium	15%
*Percent Daily Values are based on a 2,000 calorie diet.			

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