

Slow Cooker White Chicken Chili

Number of servings: 8
 Preparation time: 30 minutes
 Total time: 10 hours

Ingredients:

- 1 pound dried navy beans
- 1 ½ pounds boneless skinless chicken thighs, chopped
- 2 cups water
- 1 onion, chopped
- 3 garlic cloves, minced
- 2 low-sodium chicken bouillon cubes
- 1 ½ teaspoons chili powder
- 1 teaspoon dried oregano
- ½ teaspoon ground cumin

Equipment Needed:

- Cutting board
- Knife
- Measuring cup
- Measuring spoons
- Slow cooker

DID YOU KNOW?

Navy beans are small white beans (not navy) and they received their name for being a food staple for the United States Navy.

Directions

- Soak beans overnight. Drain the water the next day and place the beans in the slow cooker.
- Add the chicken, water, onion, garlic, bouillon cubes, chili powder, oregano, and cumin to the slow cooker. Stir to mix thoroughly and cover.
- Cook on low for about 10 hours or on high for 5-6 hours.
- Refrigerate any leftovers within 2 hours of preparation.



For more recipes, please visit:
www.eatsmart.ext.vt.edu

Follow us on Facebook:
www.facebook.com/vafnp

Nutrition Facts

Serving Size 1 serving (217.45g)
 Servings Per Container 8

Amount Per Serving

		% Daily Value*
Calories	300	Calories from Fat 70
Total Fat 8g 12%		
Saturated Fat 1.5g		8%
Trans Fat 0g		
Cholesterol	65mg	22%
Sodium	240mg	10%
Total Carbohydrate	37g	12%
Dietary Fiber 9g		36%
Sugars 3g		
Protein	29g	
Vitamin A 4%	•	Vitamin C 6%
Calcium 10%	•	Iron 25%

* Percent Daily Values are based on a 2,000 calorie diet.

Always wash vegetables before cutting.

(Recipe adapted from <http://www.bettycrocker.com/recipes.>)

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.