



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
- 1/2 teaspoon ground cumin

Directions

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.

- 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.



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Nutrition Facts

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

Amount Per Serving		
Calories 300	Са	lories from Fat 70
		% Daily Value*
Total Fat 8g		12%
Saturated Fat	1.5g	8%
Trans Fat 0g		
Cholesterol 65	mg	22%
Sodium 240mg		10%
Total Carbohyd	rate	37g 12 %
Dietary Fiber	9g	36%
Sugars 3g		
Protein 29g		
Vitamin A 4%	•	Vitamin C 6%
Calcium 10%	•	Iron 25%
* Percent Daily Values diet.	are ba	sed on a 2,000 calorie

Always wash vegetables before cutting.

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

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