



Crockpot White Chicken Chili



Ingredients

Serving size: 6

I recommend increasing your protein portions to reach protein goals

- 1/4 pounds boneless, skinless chicken breasts (about 2 to 3 breasts)
- 4 cups low-sodium chicken stock
- 2 (15-ounce) cans reduced-sodium white beans such as white kidney beans, cannellini, or Great Northern beans, rinsed and drained
- 2 (4.5-ounce) cans diced green chiles
- 3 cloves garlic minced
- 1 small yellow onion (or 1/2 large) finely diced
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon kosher salt
- 1/4 teaspoon cayenne pepper
- 1/4 cup chopped fresh cilantro
- Fresh lime wedges
- For serving diced jalapeno, diced avocado, nonfat sour cream or plain Greek yogurt, shredded cheese, crushed tortilla chips

Instructions

- Place chicken in the bottom of a 6-quart or larger slow cooker.
- Top with the chicken broth, white beans, green chiles, garlic, onion, cumin, oregano, salt, and cayenne. Stir to combine. Cover and cook on low for 4 to 6 hours or high for 2 to 4 hours, until the chicken is cooked through. Remove the chicken breasts to a plate. Once cool enough to handle, shred and set aside.
- With an immersion blender, puree a portion of the chili to thicken it, leaving some of the beans whole. (If you don't have an immersion blender, you can instead transfer a few ladlefuls of the chili to a food processor or blender and pulse roughly, then return back into the chili.)
- Stir in the shredded chicken and cilantro. Portion into bowls and top with a squeeze of fresh lime juice. Add any other desired toppings and enjoy.