



Recipe

White Bean Chicken Chili

A perfect dinner (and lunch the next day), this chicken chili recipe has three main veggies, plenty of proteins and complex carbs, and it's super tasty to boot. A slow cooker meal is so easy, and such a tasty hit, you'll want to make it a couple times a month. It's delicious in winter and summer as well.

Ingredients

- 2 – 3 chicken breasts
- Low sodium chicken broth
- 1 15.5 oz can cannellini beans
- 1 14.5 oz can petite diced tomatoes
- 1 16 oz. jar tomatillo salsa
(Frontera brand is good, not too spicy)
- Frozen corn



Directions

Place chicken breasts in slow cooker, and add enough chicken broth to just cover the bottom. Cook on low for 4 hours, or longer depending on your crockpot. When chicken shreds with a fork, separate all the meat, and stir well with broth.

Open beans, tomatoes and salsa and pour into crockpot. Add about 1 cup of frozen corn. Stir together, and simmer 1 – 2 hours longer so flavors mingle well. The longer it simmers, the better it tastes.

Begin a double batch on a busy Saturday morning, turn crock pot to warm setting after simmering desired amount of time, and you have lunch and dinner at the ready for your family. For those not watching their calories so closely, a dollop of sour cream and shredded cheddar make a nice topping.