

Slowcooker White Chicken Chili

Ingredients:

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

Equipment:

- Crock pot
- Saucepan
- Cutting Board
- Knife
- Measuring cup
- Measuring spoons

Number of Servings: 8
 Prep Time: 30 minutes
 Total Time: 10 hours

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.

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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.	

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

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.