

Slow Cooker Chicken Chili

Servings: 8

RECIPE BOX

INGREDIENTS

1 15 OUNCE CAN BLACK BEANS, DRAINED
1 15 OUNCE CAN GREAT NORTHERN BEANS, DRAINED
1 15 OUNCE CAN RED BEANS, DRAINED
2 4 OUNCE CANS GREEN CHILIS
4 SKINLESS, BONELESS CHICKEN BREASTS
3 TBSP HOMEMADE TACO SEASONING
2 CUPS CHICKEN BONE BROTH

HOMEMADE ROUX :

2T BUTTER MELTED,
MIXED WITH 3 T FLOUR
STIR IN 1/2 CUP CHICKEN BONE BROTH



DIRECTIONS:

STEP 1: Combine everything in the slow cooker. Cook on low for 6-8 hours

GF Use sweet rice flour in place of regular flour in the roux.

V Use portobello mushroom caps and zucchini slices in place of chicken. Veggie broth in place of bone broth.

Nutrition per Serving: Calories 358, Total Fat 6g, Carbs 31g, Protein 32g, Fiber 7g, Sugars 1g.

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