

Crockpot White Chicken Chili is an easy, healthy, and hearty slow cooker chicken chili recipe that's full of familiar yet craveable flavors.

## **INGREDIENTS**

- 1lb chicken breasts (~2 large chicken breasts)
- 15oz can great northern beans, drained and rinsed
- 4oz can chopped green chiles
- 1 - 2 fresh jalapenos, seeded then minced (use 1 made for a mild chili)
- 1 shallot or 1/2 onion, chopped
- 2 cloves garlic, minced
- 1-1/2 teaspoons cumin
- 1 teaspoon salt
- 1/4 teaspoon pepper
- big pinch dried oregano
- 2 cups chicken broth
- juice of 1/2 small lime
- 1/4 cup milk, any kind
- 1 Tablespoon flour (gluten free all-purpose if you need it!)
- Toppings: green Tabasco sauce, verde sauce, lime wedges, tortilla chips, shredded cheese, chopped cilantro, sour cream



## **INSTRUCTIONS**

1. Add first 12 ingredients — chicken breasts through lime juice — into a 6-quart crock pot then stir to combine. Cover and cook on LOW for 4 hours or until chicken shreds easily.

2. Remove chicken then shred and place in the refrigerator. Whisk flour and milk together in a small dish then drizzle into chili and stir to combine. Cover then cook on high for 30 minutes. Stir shredded chicken back into chili then scoop into bowls and serve with toppings.

Makes about 4 servings

<b>Nutrition Facts</b>		Amount	% Daily Value*	Amount	% Daily Value*
<b>Amount per</b> 495 g		<b>Total Fat</b> 5.3g	8%	<b>Total Carbohydrates</b> 34g	11%
1 serving (17.5 oz)		Saturated 1.5g	7%	Dietary Fiber 9g	37%
<b>Calories</b> 374		Trans Fat 0g		Sugars 6g	
From fat 47		<b>Cholesterol</b> 100mg	33%	<b>Protein</b> 47g	94%
<i>HappyForks.com</i>		<b>Sodium</b> 1223mg	51%		
		<b>Calcium</b> 18% • <b>Iron</b> 26%		<b>Vitamin A</b> 25% • <b>Vitamin C</b> 52%	
		* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.