



Crock Pot White Chicken Chili Serves 4– 6 people

| PREP TIME |

5 minutes

| COOK TIME |

4-6 hours

| TOTAL TIME |

4-6 hours

| DIFFICULTY |

Easy

Ingredients:

- 32 oz low sodium chicken broth
- 16 oz boneless, chicken breasts
- 1– 15 oz can cannellini beans
- 1– 15 oz can No Salt Added black beans
- 16 oz salsa verde
- 2 teaspoon ground cumin
- 2-3 Tablespoons corn starch

Directions:

1. In a crockpot, add chicken broth, chicken breasts, beans, salsa, cumin, and corn starch to a crock pot. Stir to combine
2. Cook on high for 4 hours or low for 6 hours until chicken is cooked through. Shred chicken with a fork.
3. On-hand toppings: cilantro, shredded cheese, green onion, crumbled tortilla chips, avocado, etc.
4. Also, serve with take and bake bread.

Dietitian's Tips

- Try serving with whole grain bread and a side of fresh fruit
- Drain and rinse your canned beans to reduce up to 41% of the sodium, even if you are able to purchase no salt added varieties