

## Chicken & Bean Slow-Cooker Chili

## **Ingredients:**

2 lbs boneless, skinless chicken meat (you can use thighs or breasts)

1 onion, finely chopped

2 cloves minced garlic

2 cups frozen corn kernels

1 19 oz can of black turtle beans, rinsed, drained

1 19 oz can of red beans, rinsed, drained

2 tbsp chilli powder (or suit to taste)

1 19 oz can of tomatoes (including juice)

1 cup chicken broth

½ tsp pepper

Add thyme, parsley and celery seed to taste

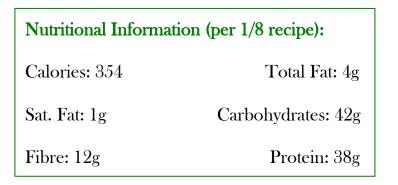
This delicious, slow-cooker chilli is so rich and heart that no one will ever guess that it's good for them too! Full of lean protein and high in fibre, this is a great way to get a nutritious, balanced meal on the table on those busy weeknights.



Employee (Wellr

## **Preparation:**

- 1. The night before, place chicken in bottom of slow cooker. If desired, cut chicken into cubes. Add rest of ingredients over top. Stir, without moving chicken. Place in fridge.
- 2. The next morning, take from fridge and set on low. Let it cook for 8-10 hours.
- 3. When you get home, stir everything and add any additional spice to taste and serve.



© Employee Wellness Solutions Network - Chicken and Bean Slow-Cooker Chili- All Rights Reserved