

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 hearty 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.



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.

Nutritional Information (per 1/8 recipe):

Calories: 354	Total Fat: 4g
Sat. Fat: 1g	Carbohydrates: 42g
Fibre: 12g	Protein: 38g