

Chicken & Bean Slow-Cooker Chili

This delicious, slow-cooker chili is so rich and hearty that no one will ever guess that it's good for them too!

Full of lean protein & high in fibre, this is a great way to get a nutritious, balanced meal on the table on those busy weeknights.

Ingredients:

2 lbs boneless, skinless chicken meat (breast or thigh works great)
1 onion, finely chopped
2 cloves garlic, minced
2 cups frozen corn kernels
1 19oz can of black turtle beans, rinsed & drained
1 19oz can of Mexican small red beans (pinto works well also), rinsed & drained
1 cup chicken broth
½ tsp pepper



Preparation:

1. The night before, place chicken in the bottom of the slow cooker. If desired, cut chicken into cubes. Add the rest of the ingredients over the top of the chicken. Stir, without moving the chicken. Cover and place in the fridge.
2. The next morning, remove it from the fridge and set on low. Cook on low for 8-10 hours or on high for 5-6 hours.
3. When you get home, stir everything and add any additional spice to taste and serve. Serves 8.

Nutritional Information (per 1/8 recipe):

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