

# SLOW COOKER: THE SUPER SUPPER SAVER

## CHICKEN AND BEAN CHILI

We know weeknights are busy! You still have to eat dinner, so why not eat well? This delicious, slow cooker chili is so rich and hearty that no one will ever guess 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 busy nights.

### Chicken and Bean Slow Cooker Chili

Makes 8 servings

#### Ingredients

- 2 lbs boneless, skinless chicken thighs or breasts
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 2 cups frozen corn kernels
- 1 19 oz can of red beans, drained and rinsed
- 2 tablespoons chili powder (or to taste)
- 1 19 oz can tomatoes (including juice)
- 1 cup chicken broth
- ½ teaspoon pepper
- Thyme, parsley and celery seed, to taste

#### Directions

- 1) The night before, place chicken in bottom of the slow cooker. If desired, cut chicken into cubes. Add the remaining ingredients. Stir, without disturbing chicken. Place in the fridge.
- 2) The next morning, remove from the fridge and set on low. Let it cook for 8-10 hours.
- 3) Stir everything together. Add any additional spice you'd like and serve.

#### Helpful Hints

- To adapt for an Instant Pot, place ingredients in this order: chicken broth, chicken, all other ingredients, and spices on top. DO NOT STIR. Set the valve to seal and cook on manual setting for 13 minutes. Let pressure release naturally for 5-10 minutes and then quick release. Stir once completed.
- Double or triple the ingredients, package into freezer bags and you have a ready-to-go meal!

Nutrition Info Per Serving: Cal 419 | Fat 4.5g | Carb 55g | Pro 42g | Fibre 13g | Sodium 185mg | Sugar 5g



**“Developing healthy eating habits becomes easier each day!”**