

weelicious

Slow Cooker Chicken Chili (serves 6-8)

Prep Time: 10 mins

Cook Time: 240 mins



egg free



nut free



gluten free

Ingredients

- 1 1/4 - 1 1/2 pounds boneless, skinless chicken breasts (about 2 large)
- 1 medium onion, diced
- 2 garlic cloves, minced
- 2 medium zucchini, diced
- 1 15-ounce can pinto beans, drained and rinsed
- 1 15-ounce can white beans, drained and rinsed
- 1 28-ounce can chopped tomatoes with juice
- 1 15-ounce can tomato sauce, unseasoned
- 2 teaspoons chili powder
- 2 teaspoons cumin
- 1 bay leaf
- 1 1/2 teaspoons kosher salt
- sour cream

Preparation

1. Place all of the ingredients except the sour cream in a 4 quart or larger slow cooker, stir to combine and cook on high for 3 hours or on low for 6-8 hours or overnight.
2. Remove the chicken breasts from the slow cooker when chili is finished and use 2 forks to shred into bite size pieces.
3. Serve chili topped with sour cream.

optional toppings: grated cheddar cheese, plain greek yogurt, chopped cilantro, pickled jalapeños, avocado slices

* To prep and freeze: Place all the ingredients in a gallon-sized zippered freezer bag, seal the bag, and mix everything together by pressing on the outside of the bag with your hands. Label the chili and freeze until ready to use, up to 4 months. When ready, place the frozen mixture into the crock pot and set the heat according to directions in step 1-3.

Accompaniments

sour cream, grated cheese, tortilla chips, crusty bread





Copyright 2021. All rights reserved.

Exclusive Member of Mediavine Food