



Slow Cooker Vegetable Chicken Chili 2.0

BY BITE OF HEALTH NUTRITION

🕒 15 MINS PREP | 🕒 6 HRS COOK | 🍴 6 SERVINGS



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INGREDIENTS

- | | |
|---------------------------|---|
| 1 pound chicken breasts | 1 1/2 cups Reduced Sodium Canned Kidney Beans |
| 1 onion diced | |
| 3 cloves garlic minced | 2 cups low-sodium chicken broth |
| 1 green bell pepper diced | 1 tablespoon chili powder |
| 1 red bell pepper diced | 1/2 tablespoon cumin |
| 1 zucchini diced | 1/2 teaspoon oregano |
| 15 ounces diced tomatoes | 1/2 teaspoon paprika |
| 15 ounces salsa | 1/8 teaspoon cayenne pepper |
| | 1 dash salt |
| | 1/4 teaspoon ground black pepper |

Optional toppings

- 1 avocado sliced
- 2 scallions diced
- 1/4 cup Greek yogurt
- 1 ounce cheddar cheese shredded

Method

1. In a large crockpot add all ingredients, stir to combine.
2. Cook for 6-8 hours on low or high 3-4 hours on high or until chicken is cooked through. and shreds easily with a fork. To save on costs, consider replacing chicken with 1 can of lentils (rinsed) and 1 can of black beans (rinsed)
3. Top with cheese, greek yogurt, avocado, and scallions etc. if desired.