



SLOW-COOKER WHITE BEAN CHICKEN CHILI

ingredients:

- 2 Tablespoons olive oil
- 1 pound boneless, skinless chicken breasts, cut into 1-inch cubes
- 2 large sweet onions, peeled, diced
- 8 cloves garlic, peeled, minced
- 1 teaspoon oregano
- 1/2 teaspoon ground coriander
- 1/2 teaspoon cayenne pepper
- 2 teaspoons ground cumin
- 1 cup fresh sliced mushrooms
- 48-ounce jar Great Northern beans, drained and rinsed
- 4 cups fat-free, low-sodium chicken broth
- 2 cans (4 ounces each) chopped green chiles
- 1 cup fresh cilantro, chopped

directions:

1. In a 3 1/2-quart or larger slow cooker, place olive oil, cubed chicken, diced onions, minced garlic, oregano, coriander, cayenne pepper, cumin, mushrooms, beans, chicken broth and green chiles. Stir to combine.
2. Cover and cook on low heat for 8 hours. Remove cover and add cilantro; stir to combine. Cover and cook for an additional 30 minutes.

Yield: 8 servings

Nutrition Information Per Serving:

284 Calories
7 grams Fat
1 gram Saturated Fat
36 mg Cholesterol
424 mg Sodium
36 grams Carbohydrates
13 grams Fiber
20 grams Protein

Food exchanges:
7 vegetable, 2 protein



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