Chicken Chili

Description

A chicken chili that's healthy too!

Summary

Yield: 4
Source: Trisha
Prep Time: 30 minutes
Category: Chili
Cuisine: American

Ingredients

- 8 oz skinless, boneless chicken breast halves, cut into 1-inch pieces
- 1 can white kidney beans (15 oz.), cannellini beans, or great northern beans, rinsed and drained
- 1 1/4 cups reduced-sodium chicken broth
- 1/4 cup chopped onion
- 1/3 cup chopped sweet green bell pepper
- 1/2 small fresh jalapeno chile pepper, seeded and finely chopped
- 1/4 tsp ground cumin
- 1/4 tsp dried oregano, crushed
- 1/8 tsp ground white pepper
- 1 clove garlic, minced
- 2 tbsp chopped tomato (optional)
- 2 tbsp sliced green onion (optional)
- 2 tbsp shredded monterey jack cheese (1 oz.) (optional)
- nonstick cooking spray (pam)

Instructions

1. Lightly coat an unheated medium skillet with nonstick cooking spray. Preheat skillet over medium-high heat. Brown chicken in hot skillet; drain off fat.

2. In a 1-1/2-quart slow cooker, combine chicken, drained beans, broth, onion, sweet pepper, chile pepper, cumin, oregano, white pepper, and garlic.

3. Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2-1/2 to 3 hours. If no heat setting is available, cook for 4 to 5 hours.

4. If desired, sprinkle individual servings with tomato, green onion, and cheese. Makes 2 servings.