

Crockpot White Chicken Chili

Cheesy Crockpot White Chicken Chili. Not too spicy with TONS of flavor. Healthy, easy recipe, and your slow cooker does all the work!



Yield: 6 servings

Prep Time: 15 minutes

Cook Time: 2 to 3 hours (on high); 4 to 6 hours (on low)

Total Time: 2 to 3 hours (on high); 4 to 6 hours (on low)

Ingredients:

- 1 1/4 pounds boneless, skinless chicken breasts (about 2 to 3 breasts)
- 4 cups (32 ounces) low-sodium chicken stock
- 2 (15-ounce) cans reduced-sodium white beans, such as white kidney beans, cannellini, or Great Northern beans, rinsed and drained
- 2 (4.5-ounce) cans diced green chiles
- 3 cloves garlic, minced
- 1 small (or 1/2 large) yellow onion, finely diced
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon kosher salt
- 1/4 teaspoon cayenne pepper
- 1/4 cup chopped fresh cilantro
- Fresh lime wedges
- For serving (the toppings add important flavor, so LOAD IT UP!): diced jalapeno, diced avocado, nonfat sour cream or plain Greek yogurt, shredded cheese, crushed tortilla chips

Directions:

1. Place chicken in the bottom of a 6-quart or larger slow cooker (I use [this one](#)). Top with the chicken broth, white beans, green chiles, garlic, onion, cumin, oregano, salt, and cayenne. Stir to combine. Cover and cook on low for 4 to 6 hours or high for 2 to 4 hours, until the chicken is cooked through. Remove the chicken breasts to a plate. Once cool enough to handle, shred and set aside.
 2. With an [immersion blender](#), puree a portion of the chili to thicken it, leaving some of the beans whole. (You can also transfer a few ladlefuls of the chili to a food processor and roughly blend, then stir the blended portion back into the chili.) Stir in the shredded chicken and cilantro. Portion into bowls and top with a squeeze of fresh lime juice. Add any other desired toppings and enjoy.
- Know thy slow cooker! If yours cooks exceptionally quickly, be sure to watch the cooking time carefully and check it early, as chicken breasts more easily dry out in the crock pot. My chicken was ready on high after 2 1/2 hours.
 - Store leftovers in an airtight container in the refrigerator for up to 5 days or freeze for up to 2 months. Let thaw overnight in the refrigerator.

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Nutrition Facts

Serving Size: 1 of 6 (without toppings)

- **Amount Per Serving:**
- Calories: 288
- Total Fat: 3g
- Saturated Fat: 1g
- Cholesterol: 47mg

- Sodium: 450mg
- Carbohydrates: 32g
- Fiber: 7g
- Sugar: 2g
- Protein: 32g