



# #MakeItGAP

## RECIPES

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## CROCKPOT WHITE CHICKEN CHILI

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**YIELD:** 6 Servings

**INGREDIENTS:**

1 1/4 pounds boneless skinless chicken breasts — (about 2 to 3 breasts)  
4 cups low-sodium chicken stock  
2-15 oz. cans reduced-sodium white beans such as white kidney beans, cannellini,  
or great northern beans, rinsed and drained  
2-4.5 oz. cans diced green chiles  
3 cloves garlic, minced  
1 small yellow onion, finely diced  
2 tsp. ground cumin  
1 tsp. dried oregano  
1/2 tsp. kosher salt  
1/4 tsp. cayenne pepper  
1/4 cup chopped fresh cilantro  
Fresh lime wedges

For serving — Toppings add important flavor, so **LOAD IT UP!** Add your choice of diced jalapeno, diced avocado, nonfat sour cream or plain Greek yogurt, shredded cheese, crushed tortilla chips

**PREPARATION:**

Place chicken in the bottom of a 6-quart or larger slow cooker. 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.

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.

*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.*

*Recipe adapted from [wellplated.com](http://wellplated.com)*