

A recipe from: Crock-tober Fest—A Slow Cooker Feast

White Chicken Chili

Serves: 6

Ingredients:

3 large boneless chicken breasts
15oz can of black beans (drained and rinsed)
15oz can of sweet corn (undrained)
10oz can of rotel tomatoes
1 packet ranch dressing mix
¼ C. hot sauce
8oz of cream cheese
1 tsp garlic powder
1 tsp onion powder
1 tsp chili powder



Directions:

- Add chicken breasts at the bottom of your slow cooker
- Add the rest of the ingredients.
- Cook on high for 3-4 hours or low for 6-7
- Use a fork to shred chicken
- Serve with shredded cheese or sour cream. Enjoy!

Healthier Tips:

- Try making your own ranch mix to lower the sodium
- Rinsing the beans will also lower the sodium intake
- Use fat free or low fat cream cheese



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