



Crock Pot Chicken Taco Chili

INGREDIENTS

- 2 lbs boneless, skinless chicken breast, cubed
- (1) 15-oz. can corn, drained and rinsed
- (2) 15-oz. cans black beans, drained and rinsed
- (3) 10-oz. cans diced tomatoes w/chiles
- 8 oz tomato sauce
- 1 onion, chopped
- 1 packet reduced-sodium taco seasoning
- 1 Tbsp cumin
- 1 Tbsp chili powder
- (Optional - top with cilantro, sour cream, avocado - may add additional points)

NUTRITION FACTS

Serves: 10

Amount Per Serving

- Calories 194
- Total Fat 3 g
- Saturated Fat 0 g
- Cholesterol 48 mg
- Sodium 744 mg
- Carbohydrate 20 g
- Dietary Fiber 4 g
- Sugars 4 g
- Protein 21 g
- myWW Blue: 0
- myWW Purple: 0
- myWW Green: 5

DIRECTIONS

1. Spray slow cooker with cooking spray.
2. Combine beans, corn, onion, tomato sauce, diced tomatoes with chiles, cumin, chili powder and taco seasoning in slow cooker and mix well.
3. Add chicken and push down slightly so it's nestled into mixture.
4. Cover and cook on LOW for 8 to 10 hours or HIGH for 4 to 6 hours.
5. During the last 30 minutes, break up chicken (or remove chicken and shred if you prefer it shredded, returning chicken to crock pot after shredding).
6. Let cook 30 minutes.
7. Top with fresh cilantro and your favorite toppings, if desired..

This recipe can be found at:

<https://planningushealthy.com/chicken-taco-chili>

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