



# Slow-Cooker White Bean Chicken Chili



## INGREDIENTS

- 2 tbsp olive oil
- 1lb boneless, skinless chicken breasts cut into 1-inch cubes
- 2 large sweet onions, peeled, diced
- 8 cloves garlic peeled, minced
- 1 tsp oregano
- ½ tsp ground coriander
- ½ tsp cayenne pepper
- 2 tsp ground cumin
- 1 cup fresh sliced mushrooms
- 48-oz jar Great Northern beans, drained and rinsed
- 4 cups fat-free, low-sodium chicken broth
- 2 cans (4oz each) chopped green chiles
- 1 cup fresh cilantro, chopped

### Nutrition Information:

Calories: 284, Total Fat: 7g, Saturated Fat: 1g, Cholesterol: 36mg, Sodium: 424mg, Total Carbohydrate: 36g, Fiber: 13g, Protein: 20g

## DIRECTIONS (Yields 8 servings)

1. In a 3 ½-quart or larger slow cooker, place olive oil, cubed chicken, diced onions, minced garlic, oregano, coriander, cayenne pepper, cumin, mushrooms, beans, chicken broth and green chiles. Stir to combine.
2. Cover and cook on low heat for 8 hours. Remove cover and add cilantro; stir to combine. Cover and cook for an additional 30 minutes.