

Slow Cooker Chicken Chili

Active Time
20 Min.

Total Time
8 Hours 20 Min.

Yield
Serves 8

Ingredients

- 3 (15-oz.) cans unsalted cannellini beans, rinsed, drained, and divided
- 1 (25-oz.) can hominy, rinsed and drained
- 3 cups unsalted chicken stock (such as Swanson)
- 2 cups peeled cubed butternut squash
- 1 cup chopped yellow onion
- 2 tablespoons ground cumin
- 1 tablespoon chili powder
- 1/2 teaspoon kosher salt
- 2 garlic cloves, chopped
- 2 oregano sprigs
- 1 (5-oz.) can diced green chilies, drained and divided
- 1 1/4 pounds skinless, boneless chicken thighs
- 1/2 cup plain low-fat yogurt
- 6 tablespoons fresh cilantro leaves, divided
- 2 ounces pre shredded reduced-fat cheddar cheese (about 1/2 cup)
- 1/4 cup chopped green onions
- 1 jalapeño, thinly sliced
- Lime wedges



Nutritional Information

Calories 337 | Fat 7g | Sat Fat 2.2g

Mono Fat 1.9g | Poly Fat 1.6g | Protein 29g

Carbohydrate 41g | Fiber 10g | Cholesterol 6mg

Iron 4mg | Sodium 638mg | Calcium 195mg

Sugars 5g | Est. added sugars 0g

How to Make It

Step 1

Process 1 can beans in a mini food processor until smooth. Place bean puree, remaining 2 cans beans, hominy, and next 8 ingredients (through oregano) in a 6-quart electric slow cooker. Reserve 1 tablespoon green chiles. Add remaining green chiles to cooker. Top with chicken thighs. Cover and cook on LOW 8 hours.

Step 3

Process reserved 1 tablespoon green chiles, yogurt, and 2 tablespoons cilantro in a mini food processor until smooth.

Step 2

Place chicken on a cutting board; cool 5 minutes. Shred chicken; stir into chili. Cover and keep warm.

Step 4

Place 1 1/2 cups chili in each of 8 bowls; top evenly with yogurt mixture, remaining cilantro, cheese, green onions, and jalapeño. Serve with lime wedges.