

SLOW COOKER WHITE CHICKEN CHILI

A creamy, comforting white chicken chili made easy in the slow cooker or Instant Pot



INSTRUCTIONS

1. Load the slow cooker or Instant Pot

- 1 small yellow onion, chopped
- 2 garlic cloves, minced
- 2 lbs raw boneless, skinless chicken breasts
- 2 1/2 cups low-sodium chicken broth
- 2 (4 oz) cans diced green chilies
- 1 (15 oz) can black beans, drained and rinsed
- 1/2 cup corn, fresh or frozen
- 8 oz cream cheese, cubed
- 1 1/2 tsp ground cumin
- 1/2 tsp paprika
- 1/2 tsp dried oregano
- 1/4 tsp cayenne pepper
- Juice of 1/2 lime
- Salt and pepper, to taste

Add everything to the slow cooker or Instant Pot and stir to combine.

2. Cook

Slow cooker: Cover and cook on low for 5 hours or high for 3 hours, until the chicken is cooked through.

Instant Pot: Cook on Manual/High Pressure for 8 minutes, then let the pressure release naturally for 15 minutes before releasing any remaining pressure.

3. Shred and serve

- Fresh cilantro, optional
- Shredded cheese, optional
- Avocado, optional

Remove the chicken to a plate and shred with two forks. Return the shredded chicken to the pot and stir until the cream cheese is fully melted and combined. Serve garnished with your choice of toppings.

NUTRITION (per serving, makes 6)

- Calories: 325
- Total Fat: 15g
- Total Carbs: 21g
- Fiber: 5g
- Net Carbs: 16g
- Protein: 32g

STORAGE

Store in the fridge for 3 to 4 days. Freezes well for up to 3 months, though the texture may be a touch grainier after thawing since the cream cheese was cooked in from the start — a quick whisk while reheating should smooth it back out.



Recipe created by Mind-Body Functional Health.
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