

## SLOW COOKER WHITE CHICKEN CHILI



### INGREDIENTS:

- 4 cups chicken stock
- 2 cups Salsa Verde
- 2 tsp cumin
- 2 15oz cans white northern beans (Cannellini beans) not drained
- 1 lb chicken breast, cooked and shredded

### DIRECTIONS:

- 1) Add all ingredients to a large slow cooker and set on low for 6-8 hours.
- 2) Serve with diced avocado and a dallop of low-fat Greek yogurt.

Enjoy!

Serves 6

Calories: 212 | Protein: 23 gm | Carbs: 22 gm | Fat: 11 gm