



Slow Cooker Chicken Chili

Recipe Source: *The Food Network*

Ingredients:

1 Tbsp vegetable oil
2 lbs lean ground chicken
Kosher salt
4 garlic cloves, minced
1 medium onion, finely diced
¼ cup chili powder
2 tsp ground cumin
¼ tsp ground cinnamon
Pinch ground cloves
1 cup low-sodium chicken broth
1 (15 oz) can no-salt-added pinto beans, drained and rinsed
1 (15 oz) can no-salt-added cannellini beans, drained and rinsed
1 (28 oz) can no-salt-added diced tomatoes
6 sun-dried tomatoes, finely chopped
1 Tbsp minced chipotle in adobo
2 tsp molasses
2 tsp Worcestershire sauce
Freshly ground black pepper
Optional garnishes: sliced green onion, lime wedges, reduced fat sour cream

Steps:

- Heat 2 teaspoons oil in a large nonstick skillet over high heat. Add the ground chicken and 1 teaspoon salt, breaking meat apart with wooden spoon until evenly browned. Transfer to a 4-6 quart slow cooker.
- Turn the heat to medium and add the remaining 1 teaspoon of oil to the skillet. Add the garlic and onions, stirring occasionally until onions soften.
- Add the chili powder, cumin, cinnamon, and cloves and stir constantly for 1 minute to cook the spices.
- Pour in the chicken broth and stir, scraping up all the browned bits on the pan. Transfer to the slow cooker
- Add the pinto and cannellini beans, 2 cups water, diced and sun-dried tomatoes, chipotle, molasses, Worcestershire sauce, and a dash of salt and black pepper. Stir to combine.
- Cover and cook on low for 6 hours.
- Garnish with green onions, lime wedges, and low-fat sour cream, if desired.

Tips from the Test Kitchen: Try this recipe with less chili powder and chipotle if you don't like too much heat.



Nutritional Facts (per serving): Calories: 400, Carbohydrates: 31 grams, Protein: 35 grams, Total Fat: 16 grams, Saturated Fat: 4 grams, Cholesterol: 130 mg, Sodium: 785 mg, Fiber: 10 grams, Total Sugars: 7 grams.