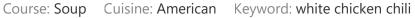
Slow Cooker White Chicken Chili

Not your standard chili with this recipe! Chicken in a creamy white sauce with white beans and corn.

Prep Time	Cook Time	Total Time
15 mins	4 hrs	4 hrs 15 mins



Servings: 8 Calories: 278kcal Author: Sarah Olson





Equipment

• Slow Cooker - 5 quart or larger

Ingredients

- 1.5 lbs. chicken breasts (chicken thighs work great in this recipe too)
- 30 oz. Cannellini Beans (two 15-oz. cans) drained
- 8.75 oz. can whole kernel corn (drained well)
- 30 oz. chicken broth (two 15-oz. cans) or 4 cups water and 2 chicken boullion cubes
- 4 oz. can fire roasted green chiles or 1 diced poblano pepper
- 1 cup sweet yellow onion diced
- 1 tsp. salt
- 1/4 tsp. pepper
- 1 tsp. chili powder
- 1 tsp. cumin
- 1/2 tsp. oregano
- 1/2 tsp. garlic powder
- 1 cup sour cream (ADD AT THE END OF THE COOKING TIME)
- 1/8 cup minced cilantro (ADD AT THE END OF THE COOKING TIME)

Instructions

- 1. Add the chicken, beans, corn, chicken broth, green chiles, onion and seasonings to the slow cooker. Wait to add the sour cream and cilantro. Stir.
- 2. Place the lid on the slow cooker. Cook on HIGH for 4 hours or LOW for 8 hours.
- 3. When the cooking time is done, shred the chicken with two forks.
- 4. Add the sour cream and cilantro. Stir.
- 5. Serve and enjoy!

Notes

What should I serve this with?

This chili is wonderful as is but also great paired with one or more of the following:

- Fritos
- Monterey jack cheese

- Cornbread
- A squeeze of lime juice
- Additional sour cream
- Cubed avocado

What can I use instead of sour cream?

- 1 block of cream cheese add at the end, place in soup and let melt for a few minutes. Stir into chili.
- Cream of chicken soup 1 can, add at the beginning of the recipe.
- Leave out the creamy part of this recipe if you want a healthier chili.

How can I make this spicy?

- In place of the fire-roasted chiles use a diced jalapeno.
- Add a few shakes of hot sauce to your personal bowl.

Nutrition

Calories: 278kcal | Carbohydrates: 27g | Protein: 27g | Fat: 9g | Saturated Fat: 4g | Cholesterol: 69mg | Sodium: 1047mg | Potassium: 564mg | Fiber: 7g | Sugar: 3g | Vitamin A: 504IU | Vitamin C: 16mg |

Calcium: 120mg | Iron: 4mg

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