Dinner Tonight!

White Chicken Chili

5-6 boneless, skinless chicken breasts
2 cloves garlic, minced
1 cup white onion, chopped
2 1/2—3 1/2 cups chicken broth
4 (4.5 ounce) can chopped green chilies
2 teaspoons cumin
1 teaspoon oregano
2 (11 ounce) cans shoe peg corn
3 (15 ounce) cans navy beans
3 tablespoons lime juice

Spray skillet with cooking spray. Sauté chicken until done. When cooled, shred chicken or cut into 1 inch cubes. Remove chicken from skillet. Sauté onions and garlic in skillet sprayed with cooking spray. Cook until onions are tender. Spray inside of slow cooker with cooking spray or use a plastic slow cooker liner. Combine all ingredients, except lime juice, and cook on low for 8-10 hours or on high for 4-5 hours. Just before serving, add lime juice and stir.

Optional toppings:
Sour cream, grated cheddar cheese or cilantro.

Preparation Time: 20 minutes preparation plus 8-10 hours in crock pot.
Serves: 8-10
Cost Per Serving: $2.50

Nutrition facts per serving
Calories: 209
Total Fat: 2 g
Cholesterol: 25 mg
Sodium: 533 mg
Total Carbohydrate: 31 g
Fiber: 6 g
Protein: 19 g

Serve with a green salad and/or baked tortilla chips with salsa.