

Black and White Chili (Slow Cooker Recipe)

Ingredients:

1 pound chicken breasts, cut into ¾" pieces
1 cup coarsely chopped yellow onion
1 can (15 ounces) Great Northern beans, drained
1 can (15 ounces) 50% less sodium black beans, drained
1 can (14 ounces) sodium-free stewed tomatoes, undrained
2 tablespoons Texas-style chili seasoning mix

Directions:

Spray large skillet with cooking spray; heat over medium heat until hot. Add chicken and onion; cook and stir 5 minutes or until chicken is browned.

Combine chicken mixture, beans, tomatoes with juice and chili seasoning in a slow cooker. Cover; cook on LOW 4 to 4 ½ hours.

Makes 6 servings

Serving Size: 1 ½ cups

Calories: 353

Total Fat: 12g

Saturated Fat: 3g

Protein: 20g

Cholesterol: 31mg

Carbohydrate: 43g

Dietary Fiber 9g

Sodium: 681mg