

Crock Pot Chicken Taco Chili

Gina's Weight Watcher Recipes

Servings: 10

Size: 1 1/4 cups

Calories: 203.7 • **Fat:** 1.4 g • **Carb:** 33.3 g • **Fiber:** 10.0 g • **Protein:** 16.9 g

Ingredients:

- 1 onion, chopped
- 1 16-oz can black beans
- 1 16-oz can kidney beans
- 1 8-oz can tomato sauce
- 10 oz package frozen corn kernels
- 2 14.5-oz cans diced tomatoes w/chilies
- 1 packet taco seasoning
- 1 tbsp cumin
- 1 tbsp chili powder
- 24 oz (3-4) boneless skinless chicken breasts
- chili peppers, chopped (optional)
- 1/4 cup chopped fresh cilantro

Directions:

Combine beans, onion, chili peppers, corn, tomato sauce, cumin, chili powder and taco seasoning in a slow cooker. **Place** chicken on top and cover. **Cook** on low for 10 hours or on high for 6 hours. Half hour before serving, remove chicken and shred. Return chicken to slow cooker and stir in. Top with fresh cilantro. Also try it with low fat cheese and sour cream.