

# Chicken Chili

## (6-8 servings)



### **Shopping list:**

- *3 boneless, skinless chicken breasts (cubed)*
- *2 tablespoons oil*
- *1 cup onion, chopped*
- *1/4 teaspoon garlic powder*
- *2/ 15oz cans stewed tomatoes*
- *15oz can pinto beans, drained and rinsed*

- *3/4 cup picante sauce*
- *1 teaspoon chili powder*
- *1 teaspoon ground cumin*
- *1/2 teaspoon salt*
- *2 - 1 gallon freezer bags*

**Garnish:** *Shredded Cheddar Cheese, Sour Cream, and Avocado.*

### **Prep:**

1. In a large bowl, pour all ingredients together except garnish items.
2. Mix all ingredients together. Separate contents into 2—1 gallon freezer bags.
3. Lay flat and freeze.

### **Cook:**

1. The night before cooking, move frozen bags to your refrigerator to thaw.
2. Pour contents into a slower cooker on “low” for 3-6 hours until the chicken is cooked thoroughly. The chicken should have an internal temperature of 165°F.
3. Garnish food with cheese, sour cream, and avocado.
4. Enjoy!

