

COUNT YOUR STEPS

Slow Cooker White Chicken Chili (makes 8 servings)

- 6 skinless chicken thighs (1 1/2 lbs)
- 1 large onion, chopped (1 cup)
- 2 cloves garlic, finely chopped
- 1 3/4 cups Progresso® chicken broth (from 32-oz carton)
- 1 tsp ground cumin
- 1 tsp dried oregano leaves
- 1/2 tsp salt
- 1/4 tsp red pepper sauce
- 2 cans (15 to 16 oz each) great northern beans, drained, rinsed
- 1 can (11 oz) whole kernel corn, drained
- 3 tablespoons lime juice
- 2 Tbs chopped fresh cilantro



Remove excess fat from chicken. In a 3 1/2 to 4-quart slow cooker, mix onion, garlic, broth, cumin, oregano, salt and pepper sauce. Add chicken. Cover; cook on low heat setting 4 to 5 hours. Remove chicken from slow cooker. Use 2 forks to remove bones and shred chicken into pieces. Discard bones; return chicken to slow cooker. Stir in beans, corn, lime juice and cilantro. Cover; cook on low heat setting 15 to 20 minutes or until beans and corn are hot. (Source: bettycrocker.com)

Per serving: Calories 270 (calories from fat 50); Total Fat 5g (Saturated Fat 1 1/2g, Trans Fat 0g); Cholesterol 35mg; Sodium 470mg; Total Carbohydrate 33g; Dietary fiber 7g; Sugars 3g; Protein 23g. Vitamin C 6%DV; Calcium 10%DV; Iron 30%DV.
(Source: bettycrocker.com)

