

Crock Pot Chicken Taco Chili



(This recipe makes quite a bit. You could either freeze the leftovers in individual containers for a homemade microwave meal or serve a larger crowd.)

1 small onion, chopped

1 (16 oz) can black beans, drained and rinsed

1 (16 oz) can of kidney beans, drained and rinsed

1 (8 oz) can of tomato sauce

10 oz package of frozen corn kernels

2 (14.5 oz) cans diced tomatoes with green chilies

2 T. Southwest Seasoning or 1 package reduced sodium taco seasoning

1 T. cumin

1 T. chili powder

2-4 boneless skinless chicken breasts (I used two because that's how I package them when I freeze them. If you have a bigger family use 4. Could also be made with thigh meat.)

Optional Ingredients:

Rice, shredded cheddar cheese, sour cream, cilantro, tortillas

Place onion, beans, tomato sauce, corn, diced tomatoes (rinse the cans with water and pour the water into crock pot), and seasoning in slow cooker and stir. Place chicken breasts on top and cover. Cook on low for 10 hours or on high for 6 hours. Remove chicken 30 minutes before serving and shred it into small pieces. Stir the shredded chicken into the crock pot.

Serve with any or all of the optional ingredients!