

# Lisa's Slow Cooker Chicken Chil

## Ingredients

- 3 cups cooked chicken, cut into bite-sized pieces (about 2 breasts) or 4 5-ounce cans of cooked chicken
- 2 16-ounce cans great northern beans (with liquid)
- 1 11-ounce jar picante sauce or salsa
- 8-ounce block of pepper jack cheese, cut into chunks
- 1 tablespoon ground cumin

## Directions!

1. Place all ingredients in a slow cooker.
2. Cook on low for 3 hours.
3. Add toppings and enjoy!

\*makes 8 servings\*

## 2211 Meal Plan Servings

*Add 1 cup corn tortilla chips, 1 cup pineapple, 1 cup carrot sticks, and avocado slices*

**2** - 1 cup pineapple + 1 cup carrot sticks

**2** - 1 cup chili

**1** - 1 cup corn tortilla chips

**1** - avocado slices

**EAT MOVE  
GROOVE**