

# Crockpot White Chicken Chili

*Recipe makes 6 meals*

## Ingredients

- 3 Boneless Skinless Chicken Breasts (1.5 lbs total)
- 2 cans (15.5 oz each) Great Northern Beans, drained and rinsed
- 12 oz bag Frozen Corn
- 8 oz Reduced Fat Cream Cheese, cubed
- 4 oz can Diced Green Chiles
- 1 small Yellow Onion, chopped
- 4 cups Chicken Broth
- 1 cup Fat Free Fairlife Milk
- 2 Tbsp Lime Juice
- 1-2 Tbsp Cilantro
- 1 Tbsp Garlic Powder
- 1 tsp Ground Coriander
- 1 tsp Ground Cumin
- 1/2 tsp Oregano
- 1/2 tsp Smoke Paprika
- 1/2 tsp Chili Powder
- Salt and Pepper to taste



## Nutrition Profile

*- per meal -*

**Calories - 390**  
**Fat - 9g**  
**Carbohydrates - 36g**  
**Protein - 39g**  
**\*Fiber - 8g**

Estimated Cost  
Per Meal

**\$1.90**

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# Instructions

- 1. Start by adding three chicken breasts to your crockpot, along with one of your cans of beans, frozen corn, chopped onion, green chiles, 1 Tbsp garlic powder, 1 tsp ground coriander, 1 tsp ground cumin, 1/2 tsp oregano, 1/2 tsp smoked paprika, 1/2 tsp chili powder, and 4 cups of chicken broth.**
- 2. Gently combine to ensure everything is submerged and top with your cubed cream cheese. Place the lid on and cook on low for at least 4 hours, or until your chicken is cooked through and shreds easily.**
- 3. A couple of minutes before your chicken is done cooking, grab your second can of drained and rinsed beans and place them in a blender or food processor, along with 1 cup of milk. Blend until smooth and set aside.**
- 4. Once your chicken is cooked through, remove it from the crockpot and shred it using the back of two forks, or your preferred method.**
- 5. Place your shredded chicken back in the crockpot, along with your blended beans, 1-2 Tbsp of cilantro, and 2 Tbsp of lime juice. Mix everything together until the cream cheese is fully incorporated. Let this continue to cook on low, uncovered for another 15 minutes.**
- 6. Once everything is done, give it a taste, and add salt and pepper to preference.**
- 7. Portion out into your meal containers and enjoy!**



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# Notes

- **If you don't care for cilantro you can leave it out. If you don't mind the taste, but don't want it to overpower the soup, you can always add a little on top as a garnish, or just use less.**
- **As with all soups, feel free to bulk this up with extra veggies of your choice.**
- **Some great toppings for this soup are sliced avocados, sour cream, or your choice of shredded cheese.**
- **The blended can of beans helps to give this a nice thick consistency. If you like your chili a little thicker, you can always make a slurry using cornstarch to thicken it up even more.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**