

Chicken Chili

Provided by Placer/Nevada UC CalFresh Nutrition Education Program and the Auburn Interfaith Food Closet



RECIPE TYPE: Main Dish

SERVES: 6

PREP TIME: 10 minutes ACTIVE COOK TIME: 30 minutes

TOTAL TIME: 8.5 hours

INGREDIENTS:

- 2 cups dry pinto beans, soaked overnight, drained
- 2 cloves garlic, minced
- 1 jar (16-oz.) chunky salsa
- 1 can (13-oz.) chunk chicken breast, shredded
- 1 packet (1.25-oz.) taco seasoning
- Optional toppings: cheese, cilantro, avocado

DIRECTIONS:

- 1 Soak beans overnight in 6 cups water. Drain and rinse the beans. Place rinsed beans and garlic in a 6-quart crock-pot. Add enough water to fill the crock-pot half way.
- 2 Cook on Low for 8 hours.
- 3 Drain beans into a colander, reserving 5 cups of the liquid.
- 4 Place beans and 3 cups of the reserved liquid back into the crock-pot. Add salsa, shredded chicken breast, and seasoning. Stir to combine. Add more liquid to reach your desired consistency.
- 5 Cook on High for 20-30 minutes, or until heated through.
- 6 Add toppings of your choice, serve, and enjoy!



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