

## **Slow Cooker Chicken Chili**



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**Recipe for a 7-quart slow cooker**

**Serves: About 6**

**Cooking Time: About 6 - 8 hours on low or 4 - 5 hours on high**

### **Ingredients:**

- 5 - 6 chicken drumsticks and/or thighs, bone-in, washed and patted dry with paper towel (you can use chicken breasts if you prefer white meat)
- 2 - 15-ounce cans of great northern beans, drained and rinsed
- 1 - 2 jalapeno peppers, minced (You can add more if you like it spicy.)
- 2 small yellow onions, chopped
- 1 - 2 teaspoons of green chili peppers (You can add more if you like it spicy.)
- 4 garlic cloves, minced
- 1 teaspoon cumin
- ½ teaspoon dried cilantro
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon dried oregano
- About 4 cups reduced sodium or homemade chicken broth - enough to cover the meat and vegetables.
- Juice of one or two small limes

## Good-Looking Grub

- 1/2 cup milk
- 2 - 3 Tablespoon flour or corn starch

### **Directions:**

1. Place all ingredients in the slow cooker - except the milk and flour.
2. Mix well, cover, and cook on low for about 6 hours or on high for about 4 hours.
3. Remove chicken with tongs and let cool.
4. Once the chicken is cool, remove the meat from the bones and shred the chicken with two forks.
5. Place chicken in the refrigerator if needed.
6. Turn your slow cooker on high – if it isn't already.
7. Whisk flour/cornstarch and milk in a small dish and drizzle into the slow cooker while stirring.
8. Cover and cook on high for 30 minutes. The broth will thicken.
9. Return chicken to the slow cooker and let it warm up for about 10 minutes.

**Serve chili with shredded cheese, chopped cilantro, lime wedges, tortilla chips**

**Tip:** If you like your beans on the harder side, add them after the first two hours of the cooking cycle.