

## Red & White Chicken Chili

[www.FamilyBalanceSheet.org](http://www.FamilyBalanceSheet.org)

### Ingredients:

- 1 Tbsp Olive Oil
- 1 lb boneless chicken breasts
- 1-2 garlic cloves, minced
- 2 medium onions, chopped
- 1 red pepper, chopped (you can certainly use green, if you'd like)
- 2 cans great northern beans – drained and rinsed
- 1 can diced tomatoes
- 6-7 cups of chicken [stock](#) – ([recipe for homemade chicken stock](#))
- 2 tsp cumin
- 1 tsp oregano
- 1/2 tsp salt

### Instructions:

Over medium heat, add 1 tbsp olive oil to a large soup pot. Add the onions, peppers, garlic and chicken.

Cook until the chicken is no longer pink and the vegetables are soft.

Add the chicken stock, beans, tomatoes, oregano, cumin, and salt.

Simmer for one hour and stir occasionally.

**Freezer Prep/Slow Cooker:** Place all of the ingredients EXCEPT THE STOCK in a freezer bag and store in the freezer. When ready to use, place bag in refrigerator overnight to thaw. In the morning, pour the ingredients in the slow cooker along with the chicken stock and cook on low 6-8 hours or until the chicken is cooked through. Remove chicken breasts from slow cooker and use two forks to shred the meat. Place meat back in the slow cooker and stir to combine.