

Creamy Chicken Chili

This recipe makes 6 servings



Ingredients

3 skinless, boneless chicken breasts
1 - 15 oz can cannellini beans, rinsed and drained
1 - 15oz can black beans, rinsed and drained
1 - 14 oz can corn, undrained
2 - 10 oz cans Rotel undrained
1 - 1 oz package ranch dressing mix
1 tbs chili powder
1 tsp ground cumin
1 tsp onion powder
1 - 8 oz pkg half fat cream cheese
1 - 4 oz can diced jalapenos, added with the corn (optional)

This recipe was contributed by John In Bibs

Directions:

1. Place the chicken breasts at the bottom of the slow cooker.
2. Pour the cannellini beans, black beans, corn, and diced tomatoes over the chicken in the order listed.
3. Sprinkle the ranch dressing mix, chili powder, cumin, and onion powder evenly over the ingredients.
4. Place the cream cheese on top of everything, keeping it whole for now.
5. over and cook on Low for 6 to 8 hours, or until the chicken is fork-tender.
6. Remove the cooked chicken breasts and shred them with two forks or cut them into bite-sized pieces.
7. Stir the shredded chicken back into the slow cooker, mixing thoroughly until the cream cheese is fully incorporated and the chili is creamy.
8. Line your trays with silicone or parchment and evenly distribute the chili onto your trays.
9. Pre-freeze until solid.
10. Freeze dry.
11. Store in one serving portions in mylar bags for long-term storage.

Rehydration:

In a bowl, combine the chili with hot water at a 1:1 ratio. Stir and cover to let rest for a few minutes. Stir again. The beans can take a while to rehydrate.

Notes:

Feel free to include some sour cream, shredded cheese or Greek yogurt to your bowl after it is rehydrated!

Nutritional Value Per 1 serving

Calories: 265 Protein: 22 g Fat: 12 g Carbohydrates: 18 g Sugar: 4 g Fiber: 4 g