



Easy Chicken Chili

Make this in a crock pot or on the stove top for an small or large group.

Yields 6-8 Servings

INGREDIENTS:

- 4-6 skinless chicken breast halves
- 2 tsp. garlic powder
- 1 tsp. ground cumin
- 1 tsp. chili powder
- 1 tsp. salt, ½ tsp. black pepper or 1 ½ tsp. PGS (Pastagirl Seasoning)
- 1 (16 oz.) jar salsa
- 1 (11 oz.) can Mexican-style corn
- 1 (15 oz.) can pinto or black beans



This healthy chicken chili recipe is super easy, versatile and delicious! Serve it with your favorite toppings in tacos, burritos, salads or rice bowls. It's perfect for a large group on Taco Tuesday or any day of the week.

INSTRUCTIONS:

1. Place chicken breasts and salsa in a slow cooker. Season with garlic powder, cumin, chili powder, salt and pepper, or PGS. Cook 6-8 hours on low setting, or 3-4 hours on high.
2. About halfway through cooking time, using two forks, shred the chicken or cut into 1" cubes. Return the chicken to the slow cooker and continue cooking.
3. Stir in the corn and the pinto beans and simmer until ready to serve.
4. Serve with green onions, chopped cilantro, sour cream, grated jack or cheddar cheese and tortilla chips on the side.

For faster stovetop cooking:

1. Cut chicken breasts into 1" cubes.
2. Heat 2 Tbsp. of oil in a heavy bottom pot, add the cut chicken cubes and sauté until lightly brown on all sides.
3. Add remaining ingredients and simmer for 20 minutes or until chicken is cooked through.