



Slow-Cooker Tex-Mex Chicken Stew



1/8th of recipe (about 1 1/4 cups): 234 calories, 4g total fat (2g sat. fat), 713mg sodium, 21g carbs, 4.5g fiber, 6g sugars, 27.5g protein

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Prep: 20 minutes **Cook:** 3 - 4 hours *or* 7 - 8 hours

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Ingredients

1 1/2 lbs. raw boneless skinless chicken breasts, halved
1 tsp. ground cumin
1 tsp. chili powder
1/2 tsp. garlic powder
1/2 tsp. onion powder
One 15-oz. can black beans, drained and rinsed
One 14.5-oz. can diced tomatoes, drained
One 7-oz. can diced green chiles, drained
1 cup frozen sweet corn kernels
1 cup chopped onion
1 cup chopped bell pepper
1 tsp. chopped garlic
1/8 tsp. cayenne pepper
4 cups reduced-sodium chicken broth
1/2 cup light sour cream
1/2 cup shredded reduced-fat Mexican-blend cheese
1/2 cup chopped cilantro
Optional seasonings: salt and black pepper

Directions

Season chicken with cumin, chili powder, garlic powder, and onion powder.

Place chicken in a slow cooker. Add all remaining ingredients *except* broth, sour cream, cheese, and cilantro. Top with broth, and stir well. Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours, until chicken is fully cooked.

Transfer chicken to a large bowl. Shred with two forks -- one to hold the chicken in place and the other to scrape across and shred it. Return shredded chicken to the slow cooker, and stir well.

Top each serving with 1 tbsp. each sour cream, cheese, and cilantro. Enjoy!

MAKES 8 SERVINGS

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