

CREAMY TEX MEX CHILI

Recipe

preparation: 10 min
total time: 8 1/2 hours

yields 8-10 servings

INGREDIENTS

2 large chicken breasts
1 c water
1 c tomato sauce
2 tbsp chili powder
1 tbsp cumin
1 small can green chiles
1 jar (16 oz) salsa
1 can corn
1 can black beans
2 bell peppers
1 hot pepper
8 oz cream cheese
4 oz shredded cheese

INSTRUCTIONS

1. Place chicken at the bottom of a crockpot with the water, tomato sauce, chili powder, and cumin and cook on low for 8 hours
2. Shred the chicken and chop the bell and hot peppers
3. For improved flavor, sautee peppers in EVOO
3. Add the peppers and the rest of ingredients to the crockpot
4. Let the chili cook on high for 15 minutes
5. Serve with tortilla chips, chopped cilantro, more shredded cheese, or avocado slices!

Mint to Eat

