

Mid County Chicken Chili

Yield: feeds a crowd of hungry people

Equipment: crockpot and can opener

Ingredients

- 1 large bag of Tysons Pulled Chicken (in the frozen section)
- 2 15 oz. cans of Bush's White Chili Beans
- 2 15 oz. cans of Navy beans
- 1 15 oz. can of diced tomatoes
- 1 15 oz. can of Ro-Tel Diced tomatoes with green chili's
- 1 package of Old El Paso Taco Seasoning Mix (mild)
- 1 7 oz. can of Herdez Salsa Verde (mild)
- 2 26 oz. cans of Cream of Chicken Condensed Soup
- 1 32 oz. box of chicken stock
- 1 cup each of finely chopped onions and red and green peppers (I use the PUBLIX precut fresh box in the vegetable section (small box)

Directions

1. Pour all of the ingredients into the crockpot. Stir. Turn on, eat when hot (a few hours)

Nutrition per serving – ½ cup serving: calories 76, saturated fat less than 1 g, sodium 500 mg

Recipe submitted by Sabrina Rainford RN