



Slow-Cooker Southwest Chicken Chowder



1/10th of recipe (about 1 cup): 189 calories, 3g total fat (0.5g sat. fat), 694mg sodium, 20g carbs, 3g fiber, 6g sugars, 19.5g protein

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Prep: 25 minutes **Cook:** 3 - 4 hours or 7 - 8 hours

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Ingredients

Two 14.5-oz. cans (about 3 1/2 cups) chicken broth
One 15-oz. can black beans, drained and rinsed
One 14.75-oz. can cream-style corn
1 cup chopped red bell pepper
1 cup chopped onion
1/2 cup fat-free milk
1 tsp. chopped garlic
1/4 tsp. ground cumin
1 1/2 lb. raw boneless skinless chicken breast halves
1/2 tsp. each salt and black pepper
1/2 cup instant mashed potato flakes
1/4 cup light sour cream
1/4 cup chopped cilantro

Directions

In a slow cooker, combine broth, beans, corn, bell pepper, onion, milk, garlic, and cumin. Stir well.

Season chicken with salt and black pepper, and add to the slow cooker.

Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours, until chicken is cooked through.

Transfer chicken to a large bowl. Shred with two forks.

Return shredded chicken to the slow cooker. Stir in potato flakes, sour cream, and cilantro.

MAKES 10 SERVINGS

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