



Slow-Cooker Buffalo Chicken Chili



1/10 of recipe (about 1 cup): 199 calories, 3.5g total fat (1.5g sat. fat), 621mg sodium, 23g carbs, 6.5g fiber, 5g sugars, 18g protein

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Prep: 10 minutes **Cook:** 3–4 hours or 7–8 hours

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Ingredients

1 lb. raw boneless skinless chicken breasts, halved
2 cups low-sodium chicken broth
Two 15.5-oz. cans cannellini (white kidney) beans, drained and rinsed
3 cups chopped carrots
3 cups chopped celery
3 cups chopped onion
1 tsp. chopped garlic
1 tsp. chili powder
1 tsp. ground cumin
1/3 cup Frank's RedHot Original Cayenne Pepper sauce, or more for topping
1/2 cup + 2 tbsp. crumbled blue cheese
Optional seasonings: salt and black pepper

Directions

Place chicken in a slow cooker. Add all remaining ingredients except hot sauce and blue cheese. Gently stir.

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. Add hot sauce, and toss to coat.

Add saucy chicken to the slow cooker, and mix well.

Top each serving with 1 tbsp. blue cheese.

MAKES 10 SERVINGS

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