



Slow-Cooker Chunky Sweet Potato Chicken Chili



1/8 of recipe (1 heaping cup): 244 calories, 2g total fat (0.5g sat. fat), 655mg sodium, 33.5g carbs, 7g fiber, 7.5g sugars, 21.5g protein

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



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Ingredients

1 1/4 lb. raw boneless skinless chicken breast
2 tbsp. chili seasoning
1 1/2 lb. (about 2 medium) sweet potatoes, cut into 1/2-inch chunks
2 cups canned crushed tomatoes
1 15-oz. can black beans, drained and rinsed
1 1/2 cups chopped onion
1 cup reduced-sodium chicken broth
One 7-oz. can diced green chiles (not drained)
1/8 tsp. salt
Option topping: jalapeño slices

Directions

Place chicken in a slow cooker, and season with 1 tbsp. chili seasoning. Add remaining ingredients, including remaining 1 tbsp. chili seasoning. Mix 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.

Return chicken to the slow cooker. Mix well.

MAKES 8 SERVINGS

HG FYI: Not all chili seasonings are gluten free, so read labels carefully if that's a concern.

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