



## SHREDDED CHICKEN CHILI



Crocktober

SLOW COOKER RECIPE COLLECTION

*Submitted by Lindsey Bryan, Certified Profile Coach – Knoxville, TN*

**Profile Exchange values:** 4oz very lean protein + 1 serving vegetables

**Number of Servings:** 10

**Ingredients:**

- 2 Chicken breasts, large
- 1/2 tbsp Garlic powder
- 1 Jalapeno
- 1/2 Onion
- 1 (28 oz) can Tomatoes
- 2 packs Profile Creamy Chicken Soup (pre-mix)
- 2 packs Profile Tomato Soup (pre-mix)



## SHREDDED CHICKEN CHILI

- 1 tbsp Chili powder
- 1 Salt and pepper
- 1 tbsp Cumin
- 1 tbsp Butter
- 4 oz Fat Free Cream cheese

### **Directions:**

- Prepare chicken by cooking chicken breasts in a slow cooker for 4-6 hours, just barely covered in liquid. Once the meat is no longer pink, remove from fluid and shred with two forks. Rotisserie chicken meat can be substituted for the breasts as well.
- In a large stockpot, melt the butter over medium-high heat. Add the onion and cook until translucent.
- Add the shredded chicken, diced tomatoes, chili powder, cumin, garlic powder, jalapeno and Profile Creamy Chicken and Tomato soup to the crockpot and gently stirring over the burner. Cook for 30-60 minutes on low.
- Cut cream cheese into small, 1-inch chunks.
- Remove lid and mix in the cream cheese. Stir until the cream cheese is completely blended in. Salt and pepper to taste.

### **Nutrition Facts:**

Calories: 177

Carbs: 10

Dietary Fiber: 2g

Protein: 27g

Fat: 5g