



Let's cook something delish!

Serving Size: 1½ Cups
Makes: 6 Servings

Slow-Cooker Buffalo Chicken Chili

Ingredients

- 1 lb boneless, skinless chicken breast
- 1 (15 oz) can unsalted black beans, rinsed
- 1 (15 oz) can unsalted chickpeas, rinsed
- 1 (15 oz) can unsalted diced tomatoes
- 1 (15 oz) can unsalted tomato sauce
- ½ medium onion, finely chopped
- 1 c. unsalted chicken broth
- ⅓ c. Buffalo sauce
- 2 T. extra-virgin olive oil
- ½ t. dried oregano
- ¼ t. garlic powder
- ¼ c. crumbled blue cheese
- ¼ c. sour cream (optional)

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Directions

1. Combine chicken, beans, chickpeas, tomatoes, tomato sauce, onion, broth, Buffalo sauce, oil, oregano and garlic powder in a 5-to-6-quart slow cooker. Cover and cook on high for four hours.
2. Remove the chicken and place on a cutting board. Let cool slightly; shred with two forks and return to the slow cooker.
3. Stir in blue cheese and sour cream, if using. Enjoy!

Find more delicious recipes at [hally.com/category/food-cooking](https://www.hally.com/category/food-cooking). Yum!

Calories: 319, Total Fat: 9 g, Saturated Fat: 2 g, Cholesterol: 46 mg, Sodium: 290 mg, Total Carbohydrate: 34 g, Fiber: 8 g, Total Sugars: 10 g, Protein: 25 g, Calcium: 138 mg, Iron: 3 mg, Potassium: 639 mg

Source: EatingWell®, [EatingWell.com/Recipe/8018748/Slow-Cooker-Bufferalo-Chicken-Chili](https://www.EatingWell.com/Recipe/8018748/Slow-Cooker-Bufferalo-Chicken-Chili)

Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.