

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Chicken and White Bean Chili

From www.whatmegansmaking.com

This is a quick and easy crockpot meal. You can cook the chicken for this meal in many different ways. You can roast two chickens earlier in the week, and save the meat from one for this chili. You can grill chicken breasts or thighs, you can dice and sauté chicken breasts, or you can buy a cooked rotisserie chicken. Free range chicken is best! We like to mix innate salad into the bowl right before serving.

2-3 cups cooked chicken
2 cans great northern beans, drained and rinsed
2 jars salsa
2 small cans v8 (5.5 oz each) or an equivalent amount of organic vegetable juice
3-4 cups chicken stock
2 Tbsp Worcestershire sauce
2 Tbsp tamari (this is a gluten-free soy sauce)
1 tsp cumin, or more to taste
Chipotle powder to taste (start with ¼ tsp and add more if desired)
8 oz shredded raw cheese (optional)

1. Put all ingredients except cheese in a crockpot.
2. Heat on low for 4 hours.
3. Before serving, taste and adjust seasoning, and add cheese if desired.