

## Crockin' Chicken Chili

### Ingredients

- 1 onion, chopped
- 1 bell pepper, chopped
- 1 ½ cups frozen corn kernels
- 540 ml can black beans, rinsed and drained
- 540 ml can kidney beans, rinsed and drained
- 398 ml can tomato sauce
- 796 ml can diced tomatoes, drained
- 2 cloves garlic, minced
- 1 tbsp cumin
- 1 tbsp chili powder
- ½ tsp crushed red pepper flakes
- ½ tsp paprika
- ½ tsp black pepper
- 1 tsp oregano
- 3-4 boneless skinless chicken breasts
- Fajita shells, small

### Toppings

- Avocado, sliced
- Cheddar cheese, shredded
- Cilantro, chopped
- Green onion, chopped
- Plain Greek yogurt or sour cream

### Steps

1. Mix all ingredients (except chicken, fajita shells and toppings) in a slow cooker.\*
2. Put whole chicken breasts on top and cover.
3. Cook on low for 7-9 hours or on high for 4 hours.
4. Remove chicken breasts and cut into small pieces.
5. Put chicken back in slow cooker and cook 30 minutes more. This will help chicken absorb some of the liquid.
6. Pre-heat oven to 400°F.
7. Turn over a muffin tray. Gently push fajitas in between muffin cups to make fajita bowls.
8. Bake for about 3 ½ minutes until slightly browned.
9. Let fajitas cool slightly before removing from tray.
10. Fill fajitas with chili mixture and add desired toppings.

\* **Stove top method:** Add ingredients, except chicken, fajita shells and toppings to a pot. Boil chicken for about 15 minutes (to 165°F) in a separate pot. Shred chicken. Add chicken to pot with other ingredients. Simmer for 30 – 60 minutes.