

Roasted Red Pepper Chicken Chili

2 pounds boneless skinless chicken breast or tenders

1 large onion peeled and chopped

1 large red bell pepper seeded and chopped

1 cup chopped celery

4 cloves garlic minced

2 tablespoons olive oil

24 ounces jarred roasted red peppers in juices

3 tablespoons chili powder

1 1/2 tablespoons ground cumin

2 1/2 teaspoons Himalayan sea salt

2 cups chicken broth



1. Preheat a large skillet over medium heat. Add the oil, followed by the chopped onions, peppers, celery, and garlic. Sauté for 3-5 minutes to soften.

2. Pour the sautéed veggies in a large slow cooker. Place the chicken over the top, then sprinkle the chili powder, cumin, and salt in the slow cooker.

3. Pour the jarred roasted red peppers and their juices in a blender. Puree until very smooth. Pour the pureed red pepper and chicken broth in the slow cooker. Cover and turn on low for 6-8 hours, or high for 3-4 hours.

4. When the chicken is cooked through. Remove it with tongs, and shred the chicken with a fork. Stir the shredded chicken back into the crockpot. Serve warm!

Serving Size = 3 ounces of chicken – 2 cups of the chili will provide 3 ounces of protein and the correct serving sizes of vegetables and good fat