



Slow Cooker Buffalo Chicken Chili

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Ingredients

- 1 pound ground chicken
- 15 ounces canned white navy beans drained and rinsed
- 14.5 ounce can fire roasted tomatoes drained
- 2 cups chicken broth
- 1/4 - 1/2 cup buffalo wing sauce
- 1 package ranch dressing mix
- 1 cup frozen corn kernels
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon celery salt
- 1/2 teaspoon dried cilantro
- 1/4 teaspoon salt
- 8 ounces low-fat cream cheese
- Blue cheese crumbles (optional)

Instructions

1. Brown ground chicken until fully cooked, place in crock (or brown ahead of time and store in fridge until ready to assemble)
2. Add remaining ingredients except for cream cheese and blue cheese and give it all a stir to combine
3. Add block of cream cheese on the top and cover
4. Cook on high for 4 hours or low for 8
5. Stir to incorporate cream cheese and add additional wing sauce as desired
6. Top individual bowls with blue cheese crumbles if desired

Yields: 6-8 servings

1 cup serving contains under 300 calories and less than 12 grams of fat.

Enjoy!