

Crock Pot Chicken Chili Con Queso



Creamy and cheesy Crock Pot Chicken Chili Con Queso – a hybrid of chicken chili and famous Tex Mex che known as Chile Con Queso. Easy and clean main course meal that is perfect for back to school/work hectic is truly set-n-forget type of meal with no pre-cooking required.

Ingredients

- 28 oz can diced tomatoes, no salt added
- 1 cup medium salsa
- 1/2 cup boiling water
- 2 tbsp chili powder
- 1/2 tbsp smoked paprika
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 2 tbsp or to taste jalapeño (serrano) pepper with seeds, finely diced*
- 2 cans (14 oz each) kidney beans, drained & rinsed
- 14 oz can white kidney/Great Northern/Cannelloni beans, drained & rinsed
- 2 large chicken breasts = 1.5 lbs, boneless & skinless (frozen are OK)
- 1 cup skim milk
- 3 tbsp whole wheat flour
- 5 slices or 1/2 cup shredded Colby Jack cheese
- 1/4 cup chopped cilantro, for garnish (optional)



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Directions

1. In 6 quart crock pot, add first 12 ingredients through white kidney beans and mix to combine. Lay chicken breasts in the middle of the crock pot making sure the mixture covers the meat completely. Cover and cook on High for 3 hours or on Low for 6-8 hours.
2. Remove chicken from the crock pot, shred using 2 forks and return it to the pot.
3. In a small bowl, whisk milk with flour for 30 seconds. Stir into the crock pot and cook for another 30 minutes. Turn off the crock pot, lay cheese slices/shredded cheese on top, cover and let stand for 10 minutes or until the cheese is melted. Mix just before serving. Serve warm/hot garnished with freshly chopped cilantro and/or green onions, diced jalapenos, shredded Colby jack cheese and Greek yoghurt. Serve chili on its own for a low carb version or on top of brown rice.

Storing Instructions: Transfer into an airtight container and refrigerate for up to 3 days or freeze for up to 2 months.

Notes

Adjust the amount of jalapeno (serrano) peppers to your taste. Tip: include the seeds if you like things spicy in your life. :) Adjust the salt to your taste and based on the ingredients you have.

<http://ifoodreal.com/crock-pot-chicken-chili-con-queso/>

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