

SOUPS

Southwest Chipotle Chicken Chili

Makes 7 servings · about 1½ cups each

SATIETY SCORE 5 / 5	NUTRITION HIGH
Per serving (approx.): Protein 17 g · Fiber 6 g · Calories 155	

Ingredients

- 2 large chicken breasts
- 2 cups chicken broth
- 1 cup onion, chopped
- 1 cup carrots, chopped
- 1 cup celery, chopped
- 2 cloves garlic, minced (or 2–4 tsp garlic powder)
- 1 can (15–16 oz) cannellini beans
- 1 can (15–16 oz) great northern beans
- 1 can (4 oz) diced green chilies
- 2 Tbsp Southwest Chipotle spice blend
- 1 tsp salt
- 1 tsp ground cumin
- Cilantro, for garnish

Directions

1. Place all ingredients in a slow cooker.
2. Cook on low 6–8 hours, until the chicken is cooked through.
3. Remove the chicken, shred with a fork, and stir back into the pot.
4. Scoop into bowls and top with cilantro.

Note: Optional toppings: plain Greek yogurt, shredded cheese, salsa.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 medium onion (about 1 cup chopped)
- ☐ 2 medium carrots (about 1 cup chopped)
- ☐ 2 celery stalks (about 1 cup chopped)
- ☐ 2 cloves garlic
- ☐ Cilantro

MEAT & POULTRY

- ☐ 2 large chicken breasts

PANTRY & DRY GOODS

- ☐ 2 cups chicken broth
- ☐ 1 can (15–16 oz) cannellini beans
- ☐ 1 can (15–16 oz) great northern beans
- ☐ 1 can (4 oz) green chilies
- ☐ 2 Tbsp Southwest Chipotle spice blend

CHECK YOUR PANTRY

- ☐ Salt
- ☐ Cumin