

Slow Cooker Quinoa Chicken Chili



Ingredients

1 cup quinoa	1 pkg frozen corn (16 oz)
1 can diced tomatoes (28 oz)	3 cups low sodium chicken broth
1 can diced tomatoes with green chilies (14 oz)	2 large chicken breast
1 can kidney beans rinsed and drained (16 oz)	2 tsp cumin
1 can black beans rinsed and drained (16 oz)	1 tsp garlic powder or 1-2 cloves minced garlic
	1 tsp crushed red pepper flakes
	2 tsp chili powder

Instructions

Put everything in slow cooker and cook on low for 6-8 hours. Remove chicken shred and return to slow cooker.

Nutrition Information Per Serving

Serving Size: 1 cup
Serves 8
Calories: 280
Fat: 2.5 gm
Sodium: 250 mg
Fiber: 9 gm
Sugars: 7 gm
Carbohydrates: 44 gm
Protein: 17 gm