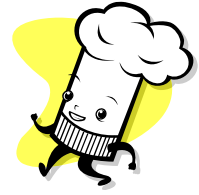


White Chicken Chili



This recipe is gluten-free and dairy-free. To convert to vegetarian, replace chicken breasts with 2 additional cans of beans and reduce cooking time by half. Great northern beans can be substituted with cannellini beans, white kidney beans, or pinto beans. You can also substitute 1 can of beans with chickpeas.

Ingredients:

2 lbs.	Chicken Breast, skinned and deboned
¼ cup	Medium Yellow Onion
1 can	Chopped Green Chilis, drained and rinsed (4.5 oz)
2 cans	Great Northern Beans, undrained (approx. 15 oz)
2 tsp	Cumin
2 tsp	Chili Powder
1 tsp	Garlic Powder
1 tsp	Oregano
1 tsp	Salt
½ tsp	Pepper
½ tsp	Smoked Paprika
1 ½ cups	Chicken Stock

Directions:

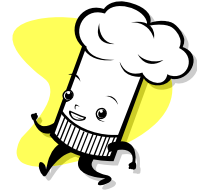
For Freezer:

1. Label freezer bag with: name, instructions to add 1 ½ cups stock before cooking, and instructions to cook on low for 4-5 hours.
2. Place all ingredients except chicken stock in a large freezer bag. Toss to coat, then freeze.

Preparation:

1. Thaw bag in refrigerator for 24 hours. Alternatively, thaw in **cold** water in sink, changing water every 30 minutes for approximately 2 hours.
2. Dump contents into slow cooker. Add 1 ½ cups chicken stock and stir.
3. Cook on Low for 4-5 hours.
4. Remove chicken and shred. Return to slow cooker and stir.
5. To thicken, pulse with immersion blender 4-5 times. Alternatively, remove ¾ cup of chili and blend using a blender or food processor, then return to slow cooker and stir.
6. Serve with Monterrey jack cheese, sour cream, cilantro, and corn chips. Spice it up with Salsa Verde.

Roasted Red Tomato and Beef Chili



This recipe is gluten-free and dairy free. To convert to vegetarian, replace beef with 2 cans of light red kidney beans and reduce cooking time by half. Dark red kidney beans can be substituted with light red kidney beans. You can also substitute one can of beans with chili beans. Ground chuck makes the best chili, but can be substituted with ground sirloin to reduce fat. Adjust the level of cayenne to your liking.

Ingredients:

2 lbs.	Ground Beef
2 cans	Dark Red Kidney Beans, undrained (approx. 15 oz)
2 cans	Fire Roasted Diced Tomatoes, undrained (14.5 oz)
1 can	Tomato Sauce (15 oz)
1 tsp	Garlic Powder
1 tsp	Salt
1 tsp	Pepper
1 tsp	Onion Powder
1 tsp	Smoked Paprika
1 tsp	Chili Powder
½ tsp	Cayenne Pepper

Directions:

For Freezer:

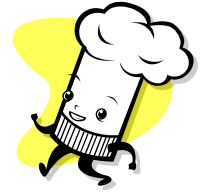
1. Brown ground beef in a large skillet over medium-high heat. Drain.
2. Label freezer bag with: name, instructions to add 1 can of tomato sauce, and instructions to cook on high for 3 hours or low for 5-6 hours.
3. Place all ingredients except tomato sauce in a large freezer bag. Toss to coat, then freeze.

Preparation:

1. Thaw bag in refrigerator for 24 hours. Alternatively, thaw in **cold** water in sink, changing water every 30 minutes for approximately 2 hours.
2. Dump contents into slow cooker. Add 1 can tomato sauce and stir.
3. Cook on low for 5-6 hours or high for 3 hours.
4. To thicken, pulse with immersion blender 4-5 times. Alternatively, remove 1 cup of chili and blend using a blender or food processor, then return to slow cooker and stir.
5. Serve with cheddar cheese, sour cream, onions, and corn bread.

Cornbread Topping for Slow Cooker Chili

Cook cornbread in the slow cooker at the same time as your chili. You can substitute your favorite boxed cornbread mix or cornbread recipe. Just prepare the mix according to directions and follow the directions below from step 4.



Ingredients:

1 box	Jiffy Cornbread Mix (8.5 oz)
½ cup	Salted Butter, melted
½ cup	Sour Cream
2	Large Eggs, beaten
2 Tbsp	Sugar (optional)
1 cup	Shredded Cheese (optional)

Directions:

1. Mix together butter and sour cream. For sweet cornbread, add sugar.
2. Beat in the eggs with a whisk.
3. Stir in the box of Jiffy mix until completely incorporated. Batter will be lumpy.
4. One hour before chili is done, top with cheese (optional), then top with prepared batter, spreading gently.
5. Turn slow cooker to high and cook for one hour or until cornbread is done through.