

White Chicken Chili

Crock Pot Freezer Meal

Serves 4 people:

To Prep Ahead and Freeze:

- 2 pounds boneless chicken breasts - cubed
- 2 cans white beans (drained)
- 1 medium onion (peeled and chopped)
- 1 garlic clove (minced)
- 4 ounces canned great chilis (drained) or 8 ounces if you prefer
- 1/2 teaspoon cumin
- 1 teaspoon dried oregano

Add to Crock Pot:

- 4 cups chicken stock

Before Serving Add:

- 1 cup shredded cheddar cheese

Label the bag:

Add 4 cups of Chicken Stock. Cook on low for 8 hours. High for 4 hours.
Before serving - add cheese. Stir until melted.
Serve with sour cream and salsa.

Instructions:

Combine all ingredients listed under 'To Prep Ahead and Freeze' in a gallon size freezer bag or Re-usable freezer bag. Label and freeze up to 3 months.