INGREDIENTS:
1 12.5 ounce can chicken breast
4 cups water
2 15-ounce cans black beans, rinsed and drained
2 10-ounce can diced tomatoes and green chilies
1 15-ounce can whole-kernel corn, drained and rinsed
1/2 teaspoon garlic powder
3 Tablespoons onion flakes or 1 medium chopped onion
¼ teaspoon chili powder

DIRECTIONS:
1. Add all ingredients to a crock pot or large slow cooker, and stir to combine. Cook for 3-4 hours on high heat or 6-8 hours on low heat.
2. Serve warm, with optional garnishes.

RECIPE TIPS:
• Substitute frozen corn for canned.
• Drain and rinse canned vegetables or use a low sodium version.
• Garnish with sliced avocado, diced red onion, shredded cheese, or sour cream.
• Refrigerate for up to 5 days or freeze for up to 3 months.
• Add more chili powder or cayenne pepper for more heat!

NUTRITION FACTS:
Amount Per Serving
Calories 135
Total fat 1.5g
Saturated fat 0g
Cholesterol 15mg
Sodium 426mg
Total Carbohydrate 18g
Fiber 6g
Sugar 2.75g
Includes 0g of Added Sugars
Protein 6g
Phosphorus 102mg
Potassium 267mg

EQUIPMENT NEEDED:
• Slow cooker or crockpot
• Measuring cups
• Measuring spoons
• Can opener
• Strainer

Recipe submitted by Mount Mary University Dietetics Department
Additional recipes available at: healthyshelves.org