



# LINDSEY Mutchler

## FITNESS

BUILD STRENGTH X MOVE FORWARD

### White Chicken Chili

Fall is here which means it is time to make some chili for the cooler temps!

#### Ingredients

32 oz chicken broth  
1 7oz can of diced green chilis  
1 10oz can of rotel  
1 can of corn  
1 can of cannellini beans  
1 can of black beans  
2 tablespoon garlic powder  
1.5 teaspoon cumin  
½ teaspoon paprika  
½ teaspoon ground coriander  
¼ teaspoon pepper  
1 tablespoon oregano  
1 package reduced fat cream cheese  
2.5 cups cooked shredded chicken  
½ cup fage non fat greek yogurt  
½ cup reduced fat cheese

#### Directions

1. Place all ingredients into a crockpot minus the greek yogurt and shredded cheese.
2. Stir so everything is combined and cook on high for 3 hours
3. After 3 hours add greek yogurt and cheese, stir and cook additional 15 minutes
4. Serve with a sprinkle of cheese on top!

**Makes around 7 one cup servings.**

**Macros per 1 cup : 294 calories, 30 protein, 30 carbs, 6 fat, 8 fiber**