Nourish Recipe

Crockpot Chicken Chili Verde

Servings: 4

Prep: 10 minutes
Cook: 6-8 hours

Recipe courtesy of
Prescribe Nutrition

What you'll need

measuring spoons

measuring cups

crockpot

Ingredients

1 lb chicken thighs boneless, skinless

1 poblano pepper or anaheim pepper, de-seeded and diced

1 green bell pepper, diced

1 jalapeño, de-seeded and diced (leave some seeds if you like it extra spicy)

1 onion, diced

4 scallions, chopped

4 cloves garlic, minced

1 cup cilantro, chopped

16 oz salsa verde

4 ½ oz green chiles, canned

5 cups chicken stock

1 lime juiced

1 tsp cumin

1 ½ tsp sea salt

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Instructions

1. Place all ingredients into the crockpot and stir. Cook on low for 6-8 hours.
2. Once the chili is finished, shred the chicken.
3. Top with more lime juice, avocado, and cilantro, and serve with chips.

Nutrition Facts

Servings 4

Amount Per Serving	
Calories	**609**
	% Daily Value
Total Fat 19.3g	**25**%
Saturated Fat 4.2g	**21**%
Cholesterol 380mg	**127**%
Sodium 2843mg	**124**%
Total Carbohydrate 16.5g	**6**%
Dietary Fiber 2.3g	**8**%
Sugars 7.4g	
Protein 91.8g	
Vitamin D 0mcg	**0**%
Calcium 150mg	**12**%
Iron 6mg	**36**%
Potassium 244mg	**5**%

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