

Sweet Potato, Black Bean, & Quinoa Chicken Chili



INGREDIENTS

MAIN DISH | MAKES 6-8 SERVINGS

- 1 pound boneless skinless chicken breasts
- 3/4 cup quinoa
- 2 1/2 cups diced sweet potatoes
- 1 can (15.25 ounces) black beans
- 1 can diced tomatoes (fire roasted or with diced green chilies)
- 1 teaspoon minced garlic
- 2 1/2 tablespoons chili seasoning (below)
OR 1 packet of chili seasoning
- 4 cups chicken broth

CHILI SEASONING | Mix & store in airtight container.

2 1/2 Tbsp per 1 lb of meat

- 4 Tablespoons Chili Powder
- 2 Tablespoons Cumin
- 1 Tablespoon Garlic Powder
- 1 Tablespoon Onion Powder
- 2 Teaspoons Paprika
- 1 Teaspoon Pepper
- 1 Teaspoon Salt
- 1 Teaspoon Red Pepper Flakes
- 1 Teaspoon Cayenne
- 1 Teaspoon Oregano
- 1 Teaspoon Parsley

OPTIONAL ITEMS TO SERVE WITH

- Whole Grain Tortilla Chips
- Brown Rice Chips
- Dollop of Greek Yogurt

INSTRUCTIONS

Adapted from Chelsea's Messy Apron

- Use a nonstick spray to spray the crockpot.
- Put chicken in the slow cooker.
- Rinse quinoa in a strainer & place in crockpot.
- Peel & dice sweet potatoes, then add to the crockpot. ***If you want your finished potatoes to be more firm, dice into large cubes. If you want your finished potatoes to be soft, dice into smaller cubes.
- Add drained & rinsed black beans.
- Add tomatoes (undrained).
- Add minced garlic, chili seasoning, & broth
- Chili will cook on HIGH for 4 hours.
- Once chicken is cooked, remove from the chili, shred it, and return it to the slow cooker.

REHEATING & FREEZING

This soup can be prepped in a freezer bag rather than in a slow cooker. Allow extra cook time to ensure the chicken is cooked throughout if you choose to freeze before cooking.

It is also great to reheat or to freeze after cooking to reheat at a later date.

10 DAY CLEANSE | 24 DAY CHALLENGE

All the yes. Consider adding chopped spinach or kale for additional veggies.

KIDS

This soup is a hit with my kids. The flavor is not too spicy and they love the "polka dots" aka quinoa.