CROCKPOT PUMPKIN CHICKEN CHILI

Ingredients:



- 1 lb boneless, skinless organic chicken breasts
- 1 cup onion, finely chopped
- 2.5 cups red, orange and yellow peppers, chopped
- 1 jalapeno, chopped
- 1 cup organic pumpkin puree
- 1.5 tsp chili powder
- 2 tsp paprika
- 1 tsp cumin
- 1 tsp garlic powder
- 1 tsp pepper
- 1 tsp sea salt
- 1 cup organic chicken broth
- Optional: avocado slices, guacamole, green onions, cilantro

Directions:

Chop onions and peppers. Lay chicken breasts along the bottom of crockpot. Cover chicken with pumpkin puree, onions, peppers and spices. Add broth, cover and cook on low for 6 hours. After 6 hours, shred chicken breasts with 2 forks. Stir the shredded chicken with the other ingredients and let sit for another 15 minutes to allow thickening. Garnish with avocado or other toppings + enjoy! Makes 4 servings.

NUTRITION PER SERVING:

Calories: 227, Fat 5g, Sat Fat 1g, Chol 74mg, Sodium 821mg, Carbs 18g, Fiber 5g, Sugar 9g, Protein 28g