

Recipe: Easy Buffalo Chicken Chili

I usually eat with a side salad or a small low carb tortilla folded in half with a slice of almond cheese cooked like a quesadilla. Enjoy!

Makes a HUGE Crockpot full. Feel free to freeze half, which is what I did.

Ingredients:

- 5-6 boneless skinless chicken breasts
- 4 cups low sodium chicken broth
- 1 can black beans
- 1 full stalk chopped celery
- Small onion chopped
- 2 tsp. chopped garlic (from a container or 1-2 fresh cloves)
- 2 tsp. chili powder
- 2 tsp. ground cumin
- 1/3 cup Tabasco or other hot sauce

Instructions:

Put all ingredients except the Tabasco into a large crockpot. Cook on low for 8 hours.

Using 2 forks, shred the cooked chicken

Done!