

# Skinny Crock Pot Santa Fe Chicken

Yield: 8 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/santa-fe-new-mexico-posole-recipe>

## Ingredients:

- 1 pound boneless skinless chicken breasts about 2 ,trimmed of fat
- 14 1/2 ounces diced tomatoes 1 can ,with mild green chilies\*, drained
- 15 ounces black beans 1 can ,drained and rinsed
- 1 1/2 cups low sodium chicken broth 12 oz.
- 1 cup frozen corn 8 oz.
- 1 green bell pepper large, chopped into 1/2-inch pieces
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly cracked black pepper
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ground cumin
- 1 teaspoon cayenne pepper
- 1/4 cup chopped fresh cilantro
- 6 scallions chopped
- white rice Cooked brown or
- tortillas
- lettuce leaves
- scallions
- cilantro
- shredded reduced fat cheddar cheese
- cotija or Crumbled queso
- red onion Chopped
- tortilla chips Crushed, adds a salty crunch!
- light sour cream or fat-free plain yogurt

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 40 milligrams
4. Fat: 4.5 grams
5. Fiber: 6 grams
6. Protein: 20 grams
7. SaturatedFat: 1 grams
8. Sodium: 540 milligrams
9. Sugar: 3 grams

---

Thank you for visiting our website. Hope you enjoy Skinny Crock Pot Santa Fe Chicken above. You can see more 17 santa fe new mexico posole recipe Savor the mouthwatering goodness! to get more great cooking ideas.