

# Slow Cooker Mexican Chicken Stew

Yield: 7 min  
Total Time: 23 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-chicken-stew-recipe-slow-cooker>

## Ingredients:

- 8 chicken thighs
- 3/4 cup salsa
- 1 1/2 cups chicken stock {plus more as needed}
- 2 carrots diced
- 1 onion medium, diced
- 1 can corn {340mL}
- 1 can black beans {19 oz, 540mL}
- 1 green pepper diced
- 1 can green chiles {127mL}
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 2 teaspoons lime juice
- 1/4 teaspoon salt {more as needed}
- 1 cup shredded cheddar cheese
- 1 avocado cubed
- 1/2 cup greek yogurt or sour cream
- tortilla chips

## Nutrition:

1. Calories: 840 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 245 milligrams
4. Fat: 52 grams
5. Fiber: 10 grams
6. Protein: 58 grams
7. SaturatedFat: 15 grams
8. Sodium: 900 milligrams

9. Sugar: 7 grams

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