

# Chest Freezer Chicken Chili

## INGREDIENTS –

- 2 cans of white beans (drained)
- 1 can of chicken broth
- 1 jar of pico style salsa
- half cup of spinach
- 4-6 boneless chicken breasts
- 4 oz. pepper jack cheese (optional)
- 4 oz. monterrey jack cheese (optional)
- hot sauce (optional)

## Directions:

- 1.1. Put the white beans, chicken broth, salsa, spinach, and chicken breasts in the crockpot.
2. Cook all day on medium.
3. Shortly before serving shred the chicken, then return it to the rest of the chili for 15-30 minutes. For young toddlers you may want to use the food processor to puree to a consistency they can handle.

For those who are able to enjoy dairy add the cheese when you shred the chicken.

If you enjoy spicy food you can add hot sauce before serving as well, I recommend this myself.

4. Refrigerate and let cool before transferring to the chest freezer.