

# Chicken and Black Bean Chili

*A crockpot recipe from ThePeacefulMom.com*

## Ingredients:

3 baked chicken breasts, shredded  
16 oz. bag of frozen corn  
4 cups [cooked black beans](#)  
(3) 28 ounce cans unflavored diced tomatoes\*  
5 cubes green sauce ([recipe here](#))  
3 Tablespoons chili powder  
2 Tablespoons ground cumin  
1/2 Tablespoon garlic salt  
1/2 Tablespoon regular salt

## Directions:

Place all ingredients in your crockpot, stir to combine and cook on low for 5-6 hours. Serve with corn chips and shredded cheese. (Really the corn chips make this dish-don't leave them out! :))

**Serves:** A bunch (8-10 depending on serving size)

*\*This recipe has a rich tomato flavor. If you would like less tomato flavor you can easily just use two 28 ounce cans of tomato and add a little more of the chicken, beans and corn. You can also substitute a jar of salsa and one can of diced green chilis for one of the cans of tomatoes and the green sauce.*

## Easy Make Ahead Green Sauce

### Ingredients:

2 medium green bell peppers, chopped  
1 large onion, chopped  
1 small bunch cilantro, coarsely chopped  
2 cloves garlic  
1 jalapeno (or more if you like heat)

### Directions:

Blend until pureed (best in a food processor, add a little water if using a blender). Freeze in ice cube trays, then pop the cubes into a zipper freezer bag for storage. Use in bean dishes, soups and chili. Yum!