## Chicken Chili

(6-8 servings)

### Shopping list:
- 3 boneless, skinless chicken breasts (cubed)
- 2 tablespoons oil
- 1 cup onion, chopped
- 1/4 teaspoon garlic powder
- 2/15oz cans stewed tomatoes
- 15oz can pinto beans, drained and rinsed
- 3/4 cup picante sauce
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 2 - 1 gallon freezer bags

**Garnish:** Shredded Cheddar Cheese, Sour Cream, and Avocado.

### Prep:
1. In a large bowl, pour all ingredients together except garnish items.
2. Mix all ingredients together. Separate contents into 2—1 gallon freezer bags.
3. Lay flat and freeze.

### Cook:
1. The night before cooking, move frozen bags to your refrigerator to thaw.
2. Pour contents into a slower cooker on “low” for 3-6 hours until the chicken is cooked thoroughly. The chicken should have an internal temperature of 165°F.
3. Garnish food with cheese, sour cream, and avocado.
4. Enjoy!