

# **Buffalo Chicken Chili**

Pillsbury Best One Dish Meals - February - 2011

**Servings: 6**

**Preparation Time: 15 minutes**

**Start to Finish Time: 8 hours 15 minutes**

**2 1/2 pounds boneless/ skinless chicken thighs, cut into 1-inch pieces**

**1 large (1 cup) onion, chopped**

**2 medium (1 cup) celery stalks, sliced**

**2 medium (1 cup) carrots, chopped**

**1 can (28 oz) diced tomatoes, undrained**

**1 can (15 oz) black beans, drained**

**1 cup chicken broth**

**2 teaspoons chili powder**

**1/2 teaspoon salt**

**1/4 cup buffalo wing sauce**

**crumbled blue cheese (if desired)**

Spray the bowl of a 5 to 6 quart slow cooker with cooking spray.

In the slow cooker bowl, mix the chicken, onion, celery, carrots, tomatoes, black beans, broth, chili powder and salt.

Cover and cook on LOW for 8 to 10 hours.

Stir in the buffalo wing sauce before serving.

Serve sprinkled with cheese.

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Per Serving (excluding unknown items): 35 Calories; 1g Fat (13.1% calories from fat); 2g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 337mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fat.