

Slow-Cooker Buffalo Chicken Chili

Ingredients

- 1-pound boneless, skinless chicken breast
- 1 (15 oz) can unsalted black beans, rinsed
- 1 (15 oz) can unsalted chickpeas, rinsed
- 1 (15 oz) can unsalted diced tomatoes
- 1 (15 oz) can unsalted tomato sauce
- ½ medium onion, finely chopped
- 1 cup unsalted chicken broth
- 1/3 cup Buffalo sauce
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon dried oregano
- ¼ teaspoon garlic powder



Directions

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1. Combine chicken, beans, chickpeas, tomatoes, tomato sauce, onion, broth, Buffalo sauce, oil, oregano and garlic powder in a 5-to-6-quart slow cooker. Cover and cook on high for four hours.
2. Remove the chicken and place on a cutting board. Let cool slightly; shred with two forks and return to the slow cooker.
3. Stir in blue cheese and sour cream, if using.

