

Slow Cooker White Chicken Chili with Sweet Potato

INGREDIENTS:

- 1.5 lbs. organic boneless chicken breasts
- 1 large sweet potato or white sweet potato, cut into small cubes
- 2 cups chicken or vegetable broth
- 4 oz. can diced green chilis
- 1 T finely chopped fresh jalapenos
- 1 tsp. sea salt
- ¼ tsp. freshly ground black pepper
- 2 tsp. cumin
- 1 tsp. oregano
- ½ tsp. chili powder
- ⅛ tsp. cayenne pepper (or to taste)
- 1 small yellow onion, diced
- 4 cloves garlic, minced
- 1 tsp. dried cilantro or 1 T freshly chopped
- 1 T ghee
- ½ cup coconut cream
- 1 T fresh lime juice

PROCESS:

- Place the chicken in the slow cooker and top with sweet potato cubes, broth, green chilis, jalapeno, onion, and garlic, salt, and all the spices. (you will leave out the last 3 ingredients for now).
- Cook on high 3-4 hours or low 6-7 hours.
- After the cook time is complete, remove the chicken to a large dish and set aside. Add the ghee, coconut cream, and lime juice, stir to combine.
- Cover and cook on high for 20 minutes.
- During this time, shred the chicken with two forks, then add it back to the slow cooker after 20 minutes and continue to cook 10 more minutes on high.
- Serve with avocado, extra cilantro or chives.

Enjoy!

From: paleorunningmomma.com

