

Main Dish

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Cream Cheese Chicken Chili



Period of Time: All time

Ingredients

- 1 1/2 lbs 96% lean or better ground chicken or turkey breast (96% Lean or Better Ground Chicken: Category 1 - Lean Protein, Gluten-free)
- 1 medium red onion, chopped (Onion: Category 3 - Complex Carbohydrates - Energy Carbs - Never Eat Alone)
- 1 can Rotel tomatoes (Rotel Diced Tomatoes: Category 3 - Complex Carbohydrates - Energy Carbs - Never Eat Alone, Condiments)
- 1 small can whole kernel corn, - DO NOT DRAIN (Corn: Category 3 - Complex Carbohydrates - Energy Carbs - Never Eat Alone, Gluten-free)
- 1 (15 oz) can black beans, drained and rinsed (Black Beans: Category 6 - Super Food - Eat alone or with a category 2 Fibrous Carb, Gluten-free)
- 1 pkg. Ranch dressing mix (Hidden Valley Ranch Salad Dressing Mix: Condiments, Freebies, Snacks, Salad Dressing)
- 1 taco seasoning packet (Old El Paso Taco Seasoning: Condiments)
- 1 (8 oz) pkg. fat free cream cheese (Fat Free Cream Cheese (any brand): Category 1 - Lean Protein)

Directions

1. Brown the turkey and onion in a skillet.
2. Pour in the Rotel and top with the corn, black beans (drained and rinsed), Ranch dressing, and taco seasoning.
3. Stir to combine.
4. Cook on medium heat about 10 minutes.

5. Top with the cream cheese.
6. Cover skillet with lid and allow the cream cheese to soften.
7. Once it is soft, stir it into the mixture.
8. Continue to cook a few more minutes until everything is warm.

Serving Notes

Serving size: 1 - 1/2 Cups

Cat 6+1+c. Makes 5-6 servings. 1 serving is 1 to 1 1/2 cups. You can serve with a category 2. A side salad with 0 calorie dressing would be a great choice. To make this a -1 WLM, leave out the corn. *

Submitted by: Barbara McGriff

Added: Dec. 20, 2011