

# Super Easy Crock Pot Chili

## Ingredients

- 1 lb ground beef
- 1 medium [onion](#)
- 2 (15 ounce) cans [chili beans](#)
- 1 (15 ounce) can [tomato sauce](#)
- 1 teaspoon [chili powder](#)
- 2 jalapeno (optional)

## Directions

1. 1

Chop veggies and brown and drain with beef.

1. 2

Toss all ingredients in crock pot.

1. 3

Cook 4 hours on high or 6-8 hours on low.

## [Nutrition Facts](#)

Serving Size 1 (234g)

Recipe makes 8 servings

Calories 304 Calories from Fat 82 (27%) Amount Per Serving %DV Total Fat 9.2g 14% Saturated Fat 3.5g 17% Monounsaturated Fat 3.8g Polyunsaturated Fat 0.6g Trans Fat 0.5g Cholesterol 38mg 12% Sodium 574mg 23% Potassium 910mg 26% Total Carbohydrate 35.2g 11% Dietary Fiber 6.7g 26% Sugars 2.9g Protein 21.1g 42% Vitamin A 283mcg 5% Vitamin B6 0.5mg 23% Vitamin B12 1.2mcg 20% Vitamin C 4mg 8% Vitamin E 1mcg 3% Calcium 74mg 7% Iron 4mg 23%

## Easy Chicken Chile Verde

### Ingredients

- 4-5 [boneless skinless chicken breast](#)
- 1 (16 ounce) jar [salsa verde](#)
- 1 (4 ounce) can diced [anaheim chili](#)
- 1 (15 ounce) can [great northern bean](#), drained
- 1 (15 ounce) can [black beans](#), drained
- [steamed rice](#)

### Directions

1. 1

Toss everything but the rice into the crockpot. You can use fresh chicken breasts, but frozen are easier to keep stocked.

1. 2

Cook on low 8 hours or high for 4.

1. 3

Quickly shred chicken with two forks (or don't.) Serve over rice.

## Crockpot Pulled Chicken

### Ingredients

- 3-4 lbs [boneless skinless chicken breasts](#)
- 4 ounces hickory smoke flavored [barbecue sauce](#)
- 1 cup [white vinegar](#)
- 1/2 tablespoon [salt](#)
- 1/2 tablespoon [black pepper](#)
- 1/2 tablespoon [sugar](#)
- 1/2 tablespoon [red pepper flakes](#)
- 1/2 tablespoon texas pete's hot sauce
- seeded sandwich bun

### Directions

1. 1

Place roast in crockpot. Brush with BBQ sauce.

1. 2

Cook on low setting for 8 to 10 hours.

1. 3

Just before serving, remove any fat then use a fork to shred all the meat.

1. 4

Stir together all remaining ingredients (I just mix in my measuring cup), and pour over pork. Toss pork in sauce.

1. 5

Scoop onto sandwich with slotted spoon (to avoid soggy buns).

Nutrition Facts

Serving Size 1 (292g)

Recipe makes 6 servings

Calories 500 Calories from Fat 196 (39%) Amount Per Serving %DV Total Fat 21.9g 33% Saturated Fat 7.8g 39% Monounsaturated Fat 9.5g Polyunsaturated Fat 2.1g Trans Fat 0.0g Cholesterol 194mg 64% Sodium 911mg 37% Potassium 993mg 28% Total Carbohydrate 4.7g 1% Dietary Fiber 0.5g 2% Sugars 2.1g Protein 65.1g 130% Vitamin A 207mcg 4% Vitamin B6 1.1mg 54% Vitamin B12 1.7mcg 28% Vitamin C 5mg 8% Vitamin E 0mcg 2% Calcium 46mg 4% Iron 3mg 17%