

# Crockpot Cream Cheese Chicken Chili



## Food H & P:

- 2 frozen chicken breasts
- 1 can of Rotel tomatoes
- 1 can of corn kernels with juice
- 1 can of black beans, drained and rinsed
- 1 package of dry Ranch dressing mix
- 1 Tablespoon of dry cumin
- 1 teaspoon of chili powder
- 1 teaspoon of onion powder
- 1, 8 ounce package of cream cheese

## Food Rx:

Place all ingredients in a crockpot. Cook on low for 6-8 hours, stirring a couple of times to blend in the cheese. Before eating shred the chicken with 2 forks and return to soup. Serve over cooked rice or corn chips.