

creamy verde chicken chili

S

FAMILY SERVE—FEEDS 6 TO 8 (HALVE IF YOUR FAMILY IS SMALLER, OR MAKE FULL AND FREEZE HALF)

2½ to 3 pounds boneless, skinless chicken breasts, thawed if frozen
 1 (16-ounce) jar salsa verde (hot, medium, or mild)
 1 (15-ounce) can white beans, rinsed and drained
 1 (10-ounce) can Ro-tel-style diced tomatoes and green chilies (medium, mild, or hot)
 1 (10- to 12-ounce) bag frozen riced cauliflower (see page 36)
 1 (10- to 12-ounce) bag frozen small-cut seasoning blend (see page 35)
 1½ (8-ounce) packages ⅓ less fat cream cheese
 1½ cups frozen diced okra
 3 cups chicken broth
 1 teaspoon Mineral Salt
 2 teaspoons ground cumin
 1 teaspoon chili powder
 1 teaspoon onion powder
 1 teaspoon garlic powder

PEARL CHATS: The creaminess and flavor of this chili make you sorry for anyone else not eating the Trim Healthy way! It uses salsa verde, a green salsa that can be found in almost any grocery store and is an excellent sauce to enjoy on the Trim Healthy Plan, as it has only one net carb per serving. There are not one, but two, secret veggies in this chili. They are completely undetectable; all they'll do is sneakily improve the health of your family. The cauliflower softens so much it melts into the creamy sauce and the blood sugar-regulating okra is hidden in the beautiful, creamy color of this chili. Don't worry about the one can of beans here. It is not enough to mess with S mode.

1. Place the chicken, salsa verde, beans, canned tomatoes, cauliflower rice, and seasoning blend in the bottom of a crockpot.
2. Put the cream cheese, okra, 2 cups of the broth, the salt, cumin, chili powder, onion powder, and garlic powder in a blender and blend until smooth. Blend, baby, blend until no green specks are left!
3. Add the contents of the blender to the crockpot along with the remaining 1 cup broth and stir. Cover and cook on low for 6 to 8 hours. When done, shred the chicken with 2 forks right inside the pot.

ELECTRIC PRESSURE COOKER DIRECTIONS: Add everything to the pressure cooker (including the blended sauce and remaining cup of broth). Seal and cook at high pressure for 25 minutes. Use natural pressure release. Shred the chicken.

MAKE A FAMILY MEAL: For the weight-loss plan, you can top this S chili with grated cheese or diced avocado, but avoid corn chips. Growing children or those at goal weight can enjoy it with baked corn chips or toasted sprouted-grain bread with butter for a Crossover.