

Creamy Chicken Chili and Beans

1 pound boneless, skinless chicken breast (can be frozen)
3/4 cup homemade or low-sodium chicken broth
1 10-oz. can Ro-Tel tomatoes or 14-oz. can diced tomatoes and green chiles
1/2 cup additional diced tomatoes if using Ro-Tel
1 can black beans, rinsed and drained
1 cup canned hominy, rinsed and drained (freeze the rest for future use)
1 teaspoon Ancho (or Pasilla) chile powder
1 teaspoon New Mexico chile powder
1 teaspoon regular chili powder
1/8 teaspoon ground cumin
2 tablespoons Ranch dressing from a bottle
Mrs. Dash Garlic and Herb, to taste
Ground black pepper, to taste
1/2 brick Neufchatel cheese, or regular cream cheese

Add the chicken and broth to a 3-quart crock pot. Dump in the rest of the ingredients on top except the cream cheese, and mix around until combined, leaving the chicken on the bottom as best you can. Last, add the 1/2 brick of cream cheese to the top. Cover and cook on high about 3 1/2 to 4 hours.

Remove lid and shred the chicken breast with two forks right in the crock pot, then mix around thoroughly to incorporate the cream cheese. Turn down to low/warm until ready to serve. Garnish with cilantro, sour cream, shredded cheese, whatever your heart (and tummy) desires!