

KETO SLOW COOKER CHILI



SAVEUR PRODUCT USED

CHILI SPICE, SEASONED SALT,
CINNAMON BLEND BAKING SPICE

SUBSTITUTIONS

Pork can be substituted.

MAKE, TAKE & FREEZE

— with —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

6 chicken thighs (1 lb./500g)

3 garlic cloves, minced

2-3 tsp. *Saveur Chili Spice*

1 tsp. *Saveur Cinnamon Blend Baking Spice*

1 tsp. *Saveur Seasoned Salt*

14 oz. (400g) can diced tomatoes

½ cup chicken stock

1 cup diced brown onion

1 diced jalapeño pepper or

3 tbsp. bottled jalapeños, diced finely
(can be adjusted according to preferred spice level)

1 cup mushrooms, cut in quarters

(if making vegetarian version, use 2 cups of mushrooms)

14 oz. (400g) can diced tomatoes

METHOD

Bag 1 – Combine chicken, spices, garlic, stock and 1 can tomatoes. Mix well.

Bag 2 – Combine onion, jalapeño, mushrooms, remaining tomatoes. Mix.

Label and place in freezer. Ensure all air is removed from bags to prevent freezer burn.

COOKING INSTRUCTIONS

Defrost completely in fridge overnight following safe thaw instructions.

Empty the ingredients from both bags into slow cooker and cook on high for 3-4 hours or on low for 6-7 hours. If using pork or chicken, shred before serving. Tomato paste can be added to thicken sauce, if there's too much liquid. Serve with your choice of toppings.

PREPARATION INGREDIENTS

Lime wedges

Diced avocado

Sliced shallots

Halved cherry tomatoes

Fresh cilantro

