

Shredded Chicken Chili



Ingredients

3 tbsp. white onion, 1 clove garlic minced
1/2 tsp cumin,
1/2 tsp chili powder
1/4 tsp smoked paprika
1/4 tsp yellow mustard
1/2 tsp salt and black pepper
fresh oregano
1/8 tsp stevia
1 1/2 cups fresh grape tomatoes
1 pulled cooked chicken breast

Cook in a crockpot or saucepan