



Crockpot Fiesta Chicken

Servings 4 | Prep time 10 mins. | Total time 6 hours 10 minutes- 9 hours 10 minutes

Equipment: Slow Cooker, Large Bowl, Measuring Cups and Spoons

Utensils: Tongs or Mixing Spoon, Two Forks

Ingredients

2 chicken breasts

1 16 ounce jar salsa

1 15.5 ounces can no salt added black, kidney, or pinto beans, drained, and rinsed

1 cup fresh or frozen vegetables, such as carrots, corn, green beans, and peas

1 tablespoon CYP Taco Seasoning

(2 tablespoons chili powder, 1 tablespoon cumin, 1 tablespoon garlic powder

1/2 tablespoon onion powder, 1/2 tablespoon dried oregano, 1/2 tablespoon salt)

Instructions

1. Before you begin, wash your hands, surfaces, produce, and utensils.
2. Rub chicken with taco seasoning. Wash hands when done.
3. Cover chicken with salsa, beans, and vegetables in the crockpot.
4. Cook on low for 6-9 hours.
5. Remove chicken and put in large bowl. Shred chicken with 2 forks, add back into slow cooker, and stir.

Nutritional Information:

Calories 280 Total Fat 3.5g Sodium 1030mg Total Carbs 34g Protein 28g