



# Crockpot Fiesta Chicken

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

## Equipment:

Slow cooker  
Large bowl

## Utensils:

Tongs or mixing spoon  
Two forks  
Measuring cups and spoons

## Ingredients

2 boneless skinless chicken breasts  
1 16 ounce jar salsa  
1 15.5 ounces can no salt added (black, kidney, or pinto)  
beans, rinsed and drained  
1 cup (fresh or frozen) vegetables mix  
1 tablespoon reduced sodium taco seasoning OR 1 tablespoon Celebrate  
Your plate Taco Seasoning

## 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 slow cooker.
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