



# 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 ounce can no salt added (black, kidney, or pinto) beans, rinsed and drained  
1 cup (fresh or frozen) vegetable 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