



Southwest Shredded Chicken

Servings 6 | Prep time 15 mins. | Total time 4 hrs. and 15 mins. – 8 hrs. and 15 mins. depending on slow cooker setting

Equipment:

Slow cooker
Colander
Can opener
Medium bowl

Utensils:

Two forks
Large slotted or mixing spoon
Measuring cups and spoons

Ingredients

2 pounds boneless skinless chicken thighs or breasts
1 14.5 ounce can no salt added diced tomatoes with green chilies with liquid
1 15 ounce can no salt added black beans, drained and rinsed
1 15 ounce can no salt added corn, rinsed and drained OR 1 1/4 cups frozen corn
1 onion, diced
1 green bell pepper, diced
1/4 cup fresh cilantro, chopped (optional)
1 15 ounce can low-sodium chicken broth
1/2 packet reduced sodium taco seasoning OR 2 tablespoons Celebrate Your Plate Taco Seasoning

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and produce.
2. Place chicken in bottom of slow cooker.
3. Add all remaining ingredients to slow cooker. If using cilantro, save 1 tablespoon to sprinkle on top of finished dish. Stir to combine and cover with lid.
4. Cook on low for 8 hours or on high for 4 hours.
5. 30 minutes before serving, transfer chicken to a medium bowl. Shred chicken using 2 forks.
6. Using a slotted spoon, transfer vegetables from cooking liquid to bowl with chicken. Stir to combine.
7. Sprinkle with 1 tablespoon of cilantro, if using.

Nutritional Information:

Calories 330 Total Fat 6g Sodium 115mg Total Carbs 26g Protein 42g