



# Southwest Shredded Chicken

Servings 6 | Prep time 105 mins. | Total time 4 hours 15 mins. – 8 hours and 15 mins. depending on crockpot setting

## Equipment:

Slow cooker  
Colander  
Can opener  
Medium bowl

## Utensils:

Two forks  
Large slotted or mixing spoon  
Measuring cups and spoon

## 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

## Nutritional Information:

Calories 380  
Total Fat 7g  
Sodium  
470mg Total  
Carbs 37g  
Protein 44g

## 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.