



# Southwest Shredded Chicken

Servings 6 | Prep time 105mins. | Total time 4 – 8 hours

**Equipment:** Crockpot/slow cooker, Colander or strainer, Can opener, Medium bowl

**Utensils:** Two forks, Slotted spoon or large mixing spoon

## Ingredients

2 pounds boneless, skinless chicken thighs or breasts  
1 15 ounce can no salt added diced tomatoes with green chilis, not drained  
1 15 ounce can no salt added black beans, drained and rinsed  
1 15 ounce can no salt added corn, drained and rinsed OR 1 cup frozen corn  
1 onion diced  
1 green pepper, diced  
1/4 cup chopped fresh cilantro (optional)  
1 15 ounce can low-sodium chicken broth  
2 tablespoons low-sodium taco seasoning OR 1 teaspoon each of garlic powder, onion powder, cumin

## Tips

- Serve over salad, on a whole grain roll, steamed brown rice or as a taco or burrito filling.

## Nutritional Information:

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

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, produce, and tops of cans.
2. Place chicken in bottom of Crockpot.
3. Add all remaining ingredients to crockpot (save a tablespoon of cilantro to sprinkle on top of finished dish, if using) and stir to combine. Cover with lid.
4. Cook on low for 8 hours or on high for 4 hours.
5. Thirty minutes before serving, transfer chicken to a medium bowl, and shred it using two forks.
6. Using a slotted spoon, transfer vegetables from cooking liquid to bowl with chicken and stir to combine.
7. Sprinkle with 1 tablespoon of cilantro, if using.
8. Optional: Drizzle extra cooking liquid over all.