

# CROCK POT SANTA FE CHICKEN

Slow cooker shredded chicken with corn, tomatoes and black beans. Prep this the night before and turn your crock pot on in the morning for an easy weeknight meal.

Yield: 8 servings; 1 serving = 3/4 cup

## INGREDIENTS:

- 24 oz (1 1/2) lbs chicken breast
- 14.4 oz can diced tomatoes with mild green chilies
- 15 oz can black beans, rinsed and drained
- 8 oz frozen corn
- 1/4 cup chopped fresh cilantro
- 14.4 oz can fat free chicken broth
- 3 scallions, chopped
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp cumin
- 1 tsp cayenne pepper (to taste)
- salt to taste



## DIRECTIONS:

1. Combine chicken broth, beans (drained), corn, tomatoes, cilantro, scallions, garlic powder, onion powder, cumin, cayenne pepper and salt in the crock pot.
2. Season chicken breast with salt and lay on top.
3. Cook on low for 8 – 10 hours or on high for 4 to 6 hours.
4. Thirty minutes before serving, remove chicken and shred.
5. Return chicken to slow cooker and stir in. Adjust salt and seasoning to taste.
6. Serve over rice or tortillas and with your favorite toppings.

If using Instant Pot: Cook high pressure 25 minutes, quick or natural release.

**Nutrition Information: (per 3/4 serving)** Calories: 183, Fat: 3 grams, Saturated fat: 0.5 grams, Carbohydrate: 17 grams, Fiber: 3.5 grams, Sugar: 3.5 grams, Sodium: 558 mg, Protein 24 grams