NOURISHING YOU - Southwestern Crockpot Chicken

Recipe by Benjamin Taylor
Serves 6 - 8
Prep time: 10 min. | Cook time: 8 hrs. | Total time 8 hrs 10 min.

Having a hard time keeping up with dinner in the midst of all the activities, events, and games you find yourself running between these days? This incredibly easy and healthy meal is here for you! Most of us think of the slow cooker as a fall or wintertime staple in the kitchen, but at our house it gets year-round use!

Simply combine all of the ingredients in a slow cooker early in the day, and you will have a healthy and delicious protein to put inside tacos, spoon over brown or white rice, or use on top of salad greens.

Ingredients

- 4-5 boneless, skinless chicken breasts
- 1 packet taco seasoning
- 1 (16 oz) jar salsa – use ½ jar for less sauce
- 1 (15 oz) can black beans, drained and rinsed
- 1 cup corn, frozen or canned (drained if from a can)
- 1 onion, coarsely chopped (optional)

**Instructions**

1. Place chicken breasts in bottom of crockpot (frozen is fine!)
2. Add all other ingredients
3. Cook on low for 8 hours or high for 4 hours
4. Shred with two forks
5. Use for tacos, over rice, or on a salad

Nutrition Information: (serving size: 1 1/2 cups) Calories 355 | Carbs 45g | Fat 4g | Protein 37g