



Southwest Shredded Chicken

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

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

Utensils: Two forks, Slotted spoon or large

Ingredients

2 pounds boneless, skinless chicken thighs or breasts
1 15 ounce can diced tomatoes with mild green chilies, not drained
1 15 ounce can black beans, drained and rinsed
1 15 ounce can corn, drained OR 1 cup frozen corn
1 onion, diced to ¼-inch pieces
1 green pepper, diced to ¼-inch pieces
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 380
Total Fat 7g
Sodium 470mg
Total Carbs 37g
Protein 44g

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.