



SLOW COOKER MEXICAN CHICKEN

SUBMITTED BY: Stacy Quick, RN - ICU

Very quick and easy. Nice warm meal on a cold day, or on a nice day so you can stay outside and play and not have to worry about coming in early to cook.

DIRECTIONS:

1. Place chicken breast in the slow cooker
2. Mix all ingredients except for the cream cheese and cheddar cheese
3. Pour the mixture over the chicken
4. Cook for 1 hour on high then 3 hours on low if using thawed chicken, or 4 hours on high if using frozen
5. When the chicken is cooked, add the cream cheese to thicken the mixture and using 2 forks, shred the chicken
6. Spoon mixture into wraps and add shredded cheese and cilantro
7. Can add taco sauce or hot sauce to taste

INGREDIENTS:

3 fresh or frozen chicken breast

1 small can of black beans
(drained and rinsed)

1 cup of corn (can or frozen)

1 small can of diced tomatoes
(or 1 cup of salsa)

1 packet of taco seasoning

1/2 brick of plain cream cheese

package of small wraps

shredded cheddar cheese

finely chopped cilantro

taco sauce or hot sauce