

Slow-Cooker Salsa Chicken Recipe

Salsa Chicken is easy to make; just put all the ingredients in a slow cooker and let the machine do the work. To save even more time, chop your vegetables the night before, or use a 16-ounce bag of mirepoix (celery, carrot and onion mix), found in your grocer's freezer. There are infinite variations, and your family is guaranteed to like each one.

Makes 8 Servings: 1 cup of chicken plus 1/2 cup brown rice

Ingredients:

15 Minutes to Prepare, 6 to 8 Hours to Cook

2 pounds boneless, skinless chicken breasts

2 tbsp Taco Seasoning (recipe below)

1 cup low-sodium petite diced canned tomatoes, with juice

1 medium onion, finely diced (1 cup)

1/2 cup finely diced celery

1/2 cup shredded carrots

1 cup salsa, homemade or purchased

3 tbsp reduced-fat sour cream

Directions:

1. Place the chicken in a slow cooker. Sprinkle the Taco Seasoning (recipe below) over the meat then layer the vegetables and salsa on top. Pour 1/2 cup water over the mixture, set on low, and cook for 6 to 8 hours. The meat is cooked when it shreds or reaches an internal temperature of 165 degrees F.

2. When ready to serve, shred the chicken with two forks, then stir in the sour cream.

Nutrition:

164.9 calories, 2.5 g total fat, 67.9 mg cholesterol, 253.3 mg sodium, 7.3 g total carbs, 2.1 g dietary fiber, 27.6 g protein

Taco Seasoning

Makes 3 Servings

1 2/3 tbsp per serving

2 Minutes to Prepare

3 tbsp ground cumin

1 tbsp chili powder (see Note)

1 tbsp red pepper flakes

In a small bowl, mix together the cumin, chili powder, and red pepper flakes. Store in a closed container, away from light

and heat for up to 6 months