

Crock Pot Santa Fe Chicken

1 can chicken broth
1 can diced tomatoes with green chilies
1 can black beans, drained & rinsed
8 oz. frozen corn
3 green onions, sliced
1 tsp. cumin
1 tsp. dried cilantro
1 tsp. garlic powder
1 tsp. onion powder
¾ tsp. cayenne pepper (more or less to taste)
2 Chicken Breasts

Instructions:

- Combine all ingredients from chicken broth to salt in a crock pot. Salt chicken breasts, lay on top of mixture and cook on low for 7 hours.
- Remove chicken breasts and shred with two forks. Return shredded chicken to crock pot, stir to combine, taste and adjust seasonings. Serve in whole wheat tortillas or over brown rice.

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All of our recipes can be found online at www.uvu.edu/wellnessed

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