



Working On Wellness (WOW) Recipe Card

PREP TIME

5
minutes



Slow-Cooker Salsa Chicken

COOK TIME

480
minutes

INGREDIENTS

- 2 pounds (32 ounces) chicken breasts, boneless and skinless
- 1 cup salsa, homemade or purchased
- 1 cup petite diced canned tomatoes (choose low-sodium)
- 2 tablespoons Taco Seasoning
- 1 cup onions, diced fine
- 1/2 cup celery diced fine
- 1/2 cup carrots, shredded
- 3 tablespoons sour cream, reduced fat

DIRECTIONS & NOTES

Place the chicken in a slow cooker. Sprinkle the taco seasoning over the meat then layer the vegetables and salsa on top. Pour a half cup water over the mixture, set on low and cook for 6-8 hours.

The meat is cooked when it shreds or reaches an internal temperature of 165°F.

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

Makes eight 1 cup servings.

YIELD

8
servings

Nutrition Report Card

<p>164.9 calories</p>	2.5	grams total fat
	67.9	milligrams cholesterol
	253.3	milligrams sodium
	7.3	grams carbs

Recipe Source: SparkRecipes
<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=871817>