

Slow Cooker Salsa Chili

Servings: 6

3 BONELESS, SKINLESS CHICKEN
BREASTS, HALVED (roughly 4 oz each after
halving)
1 CAN RINSED BLACK BEANS
1 CAN CHUNKY SALSA
1 CUP FROZEN CORN



DIRECTIONS

STEP 1: Place all ingredients in a slow cooker.

STEP 2: Cook and cover until done, stirring occasionally. If salsa sticks to the liner or side of cooker, simply add a little water. Makes 6 servings

GF This recipe is gluten free as written.

V Substitute chicken with additional 1 cup lentils or beans.

Nutrition per Serving: Calories 198, Fat 2g, Protein 29g, Carbs 16g.

Nutrition per Serving VEGETARIAN: Calories 112, Fat 2g, Protein 12g, Carbs 23g.

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