



Southwestern Crockpot Chicken

Ingredients:

2 cups fresh or frozen corn (I now leave this out because my oldest does not like corn, except on the cob)

1 can black beans (or 1 1/2 cups if you make your own)

1 onion, finely chopped

2 cloves garlic

2 large breasts of chicken (boneless/skinless)

1 16 ounce container of your favorite medium heat salsa (we also like to use a jar of my husband's homemade salsa verde) - medium heat is important for flavor, mild heat does not give enough flavor

1 tsp. ground cumin

1 tsp. paprika

*** I added 1 pkg of 1/3 less fat cream cheese (cubed) once and it made it deliciously creamy

*** Garnish: Shredded Cheese, Avacado, Sour Cream, Chopped Green Onion, Shredded Lettuce..... use your imagination!

Method:

Add corn, rinsed beans, onion, garlic, cumin and paprika to the crockpot. Mix together.

Next lay the chicken breast on top of the corn/bean mixture.

Now add the cream cheese (if using)

Pour salsa over the mixture

Cook on high for 1 hour and then turn to low for 4 hours.

Then shred the chicken with forks.

Serve with tortillas or tortilla chips and all your favorite toppings!

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