

Slow Cooker Santa Fe Chicken - adapted from [Skinny Taste](#)

24 oz or 1 1/2 lbs chicken breast
14.4 oz can diced tomatoes with green chiles (I used a can of Rotel diced)
15 oz can black beans, drained
8 oz frozen corn
1/4 cup chopped cilantro
14.4 oz can chicken broth
3 scallions, chopped
1 tsp garlic powder
1 tsp onion powder
1 tsp cumin
1 tsp cayenne pepper (to taste) I didn't add
salt to taste

Combine chicken broth, beans, corn, tomatoes, cilantro, scallions, garlic powder, onion powder and cumin in a prepared slow cooker. Season chicken breast with salt and pepper and lay on top.

Cook on low for 8 - 10 hours or on high for six. About a half hour before serving, remove the chicken breasts and shred. Return to slow cooker. Add any seasonings needed. Serve over rice or tortilla chips. Serve with your favorite toppings - sour cream, shredded cheese, cilantro, jalepenos, avocados, etc. *I served it over riced cauliflower

From Skinny Taste: 8 servings
size - 1 cup, Calories 190, Fat 1.5 g, Fiber 5.6, Carbs 23.1 and Protein 21 g.

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