



Mexican Chicken

This is a great Mexican chicken recipe that is very simple to make & fairly healthy over a bed of lettuce. It is also really good on top of some Frito chips (but not quite as healthy) & it makes great leftovers!

Prep Time: 5 min.

Cook Time: 6 hrs.

Ready In: 6 hrs. 5 min.

Serving Size: 4 servings

Ingredients

- ✓ etc. 3 small boneless skinless chicken breasts, frozen (or 2 large)
- ✓ salt & pepper
- ✓ 1/4 teaspoon onion powder
- ✓ 1 (10 ounce) can red enchilada sauce
- ✓ 1 (10 1/2 ounce) can condensed cheddar cheese soup, undiluted
- ✓ 1 (15 ounce) can black beans, drained but not rinsed
- ✓ 1/2-1 tablespoon chili powder (depends on how spicy you like it)
- ✓ 2 ounces cream cheese, softened
- ✓ Tortilla chips (or lettuce to make healthy)

Directions

1. Place chicken in a large crock-pot then sprinkle with salt & pepper. Pour the enchilada sauce over the chicken then cover & cook on low for 4 hours.
2. Remove the chicken & shred. Whisk in the cheese soup until smooth then add the chicken, beans, & chili powder.
3. Continue to cook for another 2 hours. During the last 30 minutes add the cream cheese, stir to melt.
4. Serve with chips or tortillas; also fantastic & healthier on a bed of lettuce.

Nutrition

Amount per serving

- ❖ Calories: 250
- ❖ Total Fat: 8 g
- ❖ Total Carbs: 19 g
- ❖ Protein: 25 g
- ❖ Cholesterol: 58 mg
- ❖ Sodium: 577 mg



❖ Potassium: 246 mg