

Crock Pot Chicken Salsa



PREP TIME:
5 MINUTES

COOK TIME:
4 HOURS ON HIGH (CROCK POT)

TOTAL TIME:
4 HOURS 5 MINUTES

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free

Yield: 1 Serving

Ingredients:

- 1 – 1.25 lb. Organic Chicken Breast
- 1 TBSP Extra Virgin Olive Oil
- ¼ Cup Chicken or Vegetable Broth
- ¼ Teaspoon Sea Salt
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Onion Powder
- 2 Teaspoons Cumin
- 1 Teaspoon Chili Powder
- 15-16 oz. Jar Organic Salsa (*I used Wegman's Organic Medium Salsa*)

Instructions:

1. Drizzle olive oil in bottom of crock pot.
2. Trim any fat on chicken breast and place in crock pot.
3. Add broth and all seasonings – salt, onion powder, garlic powder, cumin, and chili powder.
4. Pour salsa over top of chicken and place lid on crock pot.
5. Allow to cook on high for about 4 hours or on low for 5-6 hours.
6. Once chicken is done, take 2 large forks and shred chicken right in the crock pot. Stir until all the salsa is incorporated.
7. **Meal Ideas:** Chicken Tacos | Chicken Quesadillas | Chicken Taco Salad | Chicken Bowl with Roasted Veggies and GF Grain of Choice

***Try and use all organic ingredients if possible.**

ChristiHealthCoach.com