



SLOW-COOKER SALSA CHICKEN!

Who's Hungry? This is low fat and Low Carb
Ingredients

2 lbs. (32 oz.) chicken breasts, boneless and skinless
1 cup salsa, homemade or purchased
1 cup petite diced canned tomatoes (choose low-sodium)
2 tbsp. taco seasoning
1 cup onions, diced fine
1/2 cup celery diced fine
1/2 cup carrots, shredded (you can leave these out if you are concerned about the carbs)
3 tbsp. sour cream, reduced fat (can use regular sour cream if you like)

Directions

Place the chicken in a slow cooker. Sprinkle the taco seasoning over the meat then layer the vegetables and salsa on top. Pour a half cup water over the mixture, set on low and cook for 6-8 hours. The meat is cooked when it shreds or reaches an internal temperature of 165°F. When ready to serve, break up the chicken with two forks then stir in the sour cream. Makes eight 1 cup servings. Nutrition Info: Calories: 164.9; Fat: 2.5g; Carbohydrates: 7.3g; Protein: 27.6g

[Cathy Hart Orr](#) via [Anastasia Young](#)