



Slow-Cooker Everything Fajitas



1/6th of recipe (about 1 cup): 169 calories, 4g total fat (1g sat. fat), 617mg sodium, 7g carbs, 1.5g fiber, 3g sugars, 25g protein

Prep: 20 minutes **Cook:** 2 hours on high or 4 hours on low, plus 15 minutes

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Ingredients

8 oz. raw boneless skinless chicken breast, cut into strips
8 oz. raw flank steak, cut into strips
1/2 tsp. each salt and black pepper
2 cups sliced red and green bell peppers
2 cups sliced onions
2 tsp. ground cumin
1 tsp. chili powder
1 tsp. garlic powder
1 tsp. onion powder
1/8 tsp. cayenne pepper
2 cups chicken broth
8 oz. (about 16) raw large shrimp peeled, tails removed, deveined

Directions

Place chicken and beef in a slow cooker, and season with salt and black pepper.

Add peppers, onions, and remaining seasonings. Top with broth, and stir to mix.

Cover and cook on high for 2 hours or on low for 4 hours, or until chicken and beef are fully cooked.

If cooking on low heat, increase heat to high.

Add shrimp to the slow cooker, and stir to mix.

Cover and cook for 15 minutes, or until shrimp are cooked through.

Serve with a slotted spoon, draining the broth.

MAKES 6 SERVINGS

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