



## Slow-Cooker Salsa Verde Chicken with Cauliflower Rice



1/4th of recipe (about 1 1/4 cups): 206 calories, 3.5g total fat (0.5g sat. fat), 769mg sodium, 14.5g carbs, 3.5g fiber, 5.5g sugars, 28g protein

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**Prep:** 15 minutes   **Cook:** 3 - 4 hours *or* 7 - 8 hours, plus 45 minutes

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### Ingredients

1 lb. raw boneless skinless chicken breasts, halved  
1/4 tsp. each salt and black pepper  
1 cup salsa verde (tomatillo salsa)  
1/2 cup chopped green bell pepper  
1/2 cup chopped onion  
One 4-oz. can diced green chiles, not drained  
1 1/2 tsp. chopped garlic  
1/2 tsp. ground cumin  
1/2 tsp. chili powder  
3 cups roughly chopped cauliflower (or HG Alternative)  
Optional topping: chopped fresh cilantro

### Directions

Place chicken in a slow cooker, and season with salt and black pepper. Add 1/2 cup water and all remaining ingredients *except* cauliflower. Stir to mix.

Cover and cook on high for 3 - 4 hours *or* on low for 7 - 8 hours, until chicken is fully cooked.

Transfer chicken to a large bowl. Shred with two forks -- one to hold the chicken in place and the other to scrape across and shred it. Return shredded chicken to the slow cooker, and mix well.

Pulse cauliflower in a blender until reduced to rice-sized pieces, working in batches as needed.

Add cauliflower rice to the slow cooker, and stir to mix.

If cooking at low heat, increase heat to high. Cover and cook for 45 minutes, or until cauliflower rice is tender.

**MAKES 4 SERVINGS**

**HG Alternative:** Instead of blending 3 cups of roughly chopped cauliflower into rice-sized pieces, use 2 1/4 cups premade cauliflower rice or crumbles, like the kinds by Trader Joe's and Green Giant.

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Publish Date: June 28, 2016

Author: Hungry Girl

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