



Scoopable Slow-Cooker Chicken Burritos



1/8th of recipe (about 1 cup): 213 calories, 4g total fat (1.5g sat. fat), 647mg sodium, 18g carbs, 5.5g fiber, 4.5g sugars, 26g protein

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Prep: 15 minutes **Cook:** 3 - 4 hours on high *or* 7 - 8 hours on low, plus 55 minutes

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Ingredients

1 1/2 lbs. raw boneless skinless chicken breast
1/4 tsp. black pepper
1/2 tsp. salt
1 cup chopped onion
One 15-oz. can black beans, drained and rinsed
One 14.5-oz. can diced tomatoes, drained
One 4-oz. can diced green chiles, drained
1 1/2 cups reduced-sodium chicken broth
1 tbsp. chili powder
1 tbsp. ground cumin
1/2 tsp. onion powder
1/2 tsp. garlic powder
1/2 tsp. paprika
5 cups roughly chopped cauliflower
1/2 cup shredded reduced-fat Mexican-blend cheese
Optional seasonings: additional salt and black pepper

Directions

Place chicken in a slow cooker, and season with pepper and 1/4 tsp. salt. Top with onion, beans, tomatoes, and green chiles.

Add broth and seasonings, including remaining 1/4 tsp. salt. Gently stir.

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 on low heat, increase heat to high.

Cover and cook for 55 minutes, or until cauliflower rice is tender.

Serve with a slotted spoon, draining the liquid. Sprinkle each serving with 1 tbsp. cheese.

MAKES 8 SERVINGS

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