



## Southwest Slow-Cooker Chicken



1/4th of recipe (1 1/2 cups): 287 calories, 4g total fat (0.5g sat. fat), 561mg sodium, 30g carbs, 7g fiber, 5.5g sugars, 33.5g protein

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**Prep:** 10 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  
One 15-oz. can black beans, drained and rinsed  
1 cup frozen sweet corn kernels  
3/4 cup chopped onion  
1/2 cup chicken broth  
1/4 cup lime juice  
3/4 tsp. ground cumin  
2 cups roughly chopped cauliflower or 1 1/2 cups [cauliflower rice](#)  
Optional topping: chopped fresh cilantro

### Directions

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

Meanwhile, if starting with roughly chopped cauliflower, pulse cauliflower in a blender until reduced to rice-sized pieces.

Transfer chicken to a large bowl. Shred with two forks.

Return shredded chicken to the slow cooker, and mix well.

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

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