



Crock Pot Chicken

With the fall approaching and the kids back in school, this makes for a great meal that doesn't take much time to prepare. And usually you can make two meals from it. I didn't include a picture since it really isn't picture worthy, but it sure tastes good. Enjoy!

Yield: Serves 8

INGREDIENTS

6 boneless chicken breasts, cut in 1 - 2 " cubes
2 (15 ounce) cans corn, drained (or use frozen corn)
2 (15 ounce) cans black beans, rinsed and drained
2 cups salsa (or 2 cans of Rotel to kick it up a notch)
8 ounces sour cream (or cream cheese)
4 garlic cloves, minced
2 teaspoons cumin
salt and pepper, to taste
Shredded cheddar cheese, to taste when serving
Fresh Cilantro, to taste when serving
Optional: Add diced avocado with the cheese and cilantro...Yum!

DIRECTIONS

Add all ingredients to crock pot, except sour cream.
Cook on low for 8 hours or on high for 4 hours.
Stir in sour cream, turn off heat. If using cream cheese, let sit for 20-30 minutes.
Serve over rice, chips or on wraps.