

Kickin Creamy Chicken In A Crock Pot

Ingredients:

5 Frozen Chicken Breasts (or 20 frozen Chicken Tenders)

1 16 ounce jar Salsa Verde

2 cans Black Beans

1 can Sweet Corn

1 can Diced Tomatos with no salt

1 teaspoon Ground Cumin

1 small (3 oz) package of cream cheese

Directions:

Place frozen chicken breasts or tenders in bottom of slow cooker. Add remaining ingredients except cream cheese. Cook on low for 8-10 hours. At this point I remove about 1/2 the liquid because I like my sauce thick, like a stew. You can leave all the liquid if you want a "soup". Add cream cheese, cook on warm setting for 30 minutes, then stir. This can be served over rice or wrapped in flour tortillas (not included in nutritional info.)

Number of Servings: 10 1-1/2 CUPS 5 points, 7 points plus

