

Crock Pot Santa Fe Chicken

Slow cooked shredded chicken with corn, tomatoes and black beans. Prep this the night before and turn your [crock pot](#) on in the morning for an easy weeknight meal.

Serve over rice or in a bowl with nachos on the side, and don't forget the toppings. Chopped scallions, fresh cilantro, fat free yogurt or sour cream and reduced fat cheddar are my favorites.

Crock Pot Santa Fe Chicken came in first place (yay!) for [Ziplist's](#) most saved recipe in 2012 (they have over 800K recipes). I'm thrilled, and I see why you would choose this one! It's delicious, easy, requires no pre-cooking, and everyone loves an easy slow cooker recipe. It's also kid-friendly, freezer friendly and gluten-free. In it's honor I decided to revive it from the archives and give it some love.

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Servings: 8 servings • Size: 1 cup • Old Points: 3 pts • Points+: 4 pts

Calories: 190 • Fat: 1.5 g • Fiber: 5.6 g • Carbs: 23.1 g • Protein: 21 g

Ingredients:

- 24 oz (1 1/2) lbs chicken breast
- 14.4 oz can diced tomatoes with mild green chilies
- 15 oz can black beans, rinsed and drained
- 8 oz frozen corn
- 1/4 cup chopped fresh cilantro
- 14.4 oz can fat free chicken broth
- 3 scallions, chopped
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp cumin
- 1 tsp cayenne pepper (to taste)
- salt to taste

Directions:

Combine chicken broth, beans (drained), corn, tomatoes, cilantro, scallions, garlic powder, onion powder, cumin, cayenne pepper and salt in the [crock pot](#). Season chicken breast with salt and lay on top.

Cook on low for 10 hours or on high for 6 hours. Half hour before serving, remove chicken and shred. Return chicken to slow cooker and stir in. Adjust salt and seasoning to taste. Serve over rice or tortillas and your favorite toppings.