



Slow Cooker Chicken Fajitas

Prep: 10 minutes | Cook: 4-6 hours | Total: 4-6 hours and 10 minutes

Yield: 12 servings | Serving Size: ½ cup of the chicken mixture and 1 tortilla

Ingredients

- 1 (16-ounce) can low-sodium diced tomatoes with green chili peppers
- 2 pounds boneless, skinless chicken breasts
- 1 packet low-sodium or no-salt-added taco seasoning
- 1 (16-ounce) can black beans, low sodium, drained and rinsed
- 1 (14- to 16-ounce) bag frozen bell peppers and onion mix
- 12 (10-inch) whole-wheat soft tortillas
- Optional toppings: Shredded cheese, plain Greek yogurt or light sour cream, guacamole

Directions

1. Add the diced tomato and green chili peppers to a slow cooker.
2. Place the chicken breasts on top of the vegetable mixture.
3. Sprinkle everything in the slow cooker with the taco seasoning.
4. Cover the slow cooker with a lid.
5. Cook on low for 4-6 hours or until chicken breasts are fully cooked, adding the beans and frozen vegetables during the last 60 minutes of the total cooking time.
6. Shred the chicken using two forks.
7. Stir the shredded chicken back into the slow cooker.
8. Spoon about ½ cup of the shredded chicken mixture onto each tortilla.
9. Serve, garnished with toppings as desired.

Recipe Notes

- Try this on top of a salad or on top of rice for a more complete meal.
- Instead of using frozen vegetables, try using fresh shredded cabbage to make cabbage chicken tacos.

Nutrition Facts Per Serving: Calories: 310 | Total Fat: 8 g | Saturated Fat: 1 g
Sodium: 470 mg | Total Carbohydrate: 36 g | Dietary Fiber: 7 g | Protein: 25 g

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