

# Slow Cooker Chicken Burrito Bowls

Yield: 5 min  
Total Time: 365 min

Recipe from: <https://www.recipeschoose.com/recipes/dump-and-go-crockpot-dinners-chicken-recipes>

## Ingredients:

- 1/2 pound chicken dark meat for the win!
- 1/2 medium onion
- 2 cloves garlic minced
- 1 jar salsa about 1 cup
- 1 cup water or stock
- 1 can black beans 2-2.5 cups cooked beans
- 1/4 teaspoon cayenne
- 1/4 teaspoon cumin
- 1/4 teaspoon oregano
- salt
- pepper
- tomato optional
- lettuce optional
- lime optional
- cheese optional
- avocado optional
- cilantro optional

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 35 milligrams
4. Fat: 5 grams
5. Fiber: 10 grams
6. Protein: 18 grams
7. SaturatedFat: 2 grams
8. Sodium: 770 milligrams

9. Sugar: 3 grams

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