

Crockpot Mexican Chicken

Yield: 11 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-chicken-and-brown-rice-crockpot-recipe>

Ingredients:

- 2 pounds boneless skinless chicken breasts — about 4 small/medium or 3 medium/large
- 1 1/2 teaspoons kosher salt — divided
- 1/2 teaspoon black pepper
- 1 tablespoon extra virgin olive oil
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried oregano
- 1 can fire roasted diced tomatoes
- 14 ounces juices
- 3 chipotle peppers in adobo — individual peppers from a can; NOT 3 cans, finely chopped, three peppers has a definite, though not unbe...
- reduced sodium black beans Canned, — rinsed and drained
- corn Canned Mexican, — drained
- brown rice Prepared, or quinoa
- fresh cilantro
- nonfat plain greek yogurt
- jalapeno
- radishes
- cheese
- salsa
- diced avocado

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 55 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams

6. Protein: 19 grams
 7. SaturatedFat: 1.5 grams
 8. Sodium: 460 milligrams
 9. Sugar: 4 grams
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