

Creamy Tex-Mex Chicken Pressure Cooker



MAKES 8 - 10 SERVINGS

Ingredients:

- 2 lb boneless, skinless chicken breast
- 1/2 c salsa (if it's a very thick salsa, add 1/4 c water)
- juice of 1 lime
- 1-2 Tbsp Southwest Chipotle Fresco Spice Blend or other southwest blend
- 4 oz plain Greek Yogurt
- 1 c shredded pepper jack cheese
- 1 can (15 oz) black beans, drained and rinsed
- Optional toppings: cilantro, salsa, avocado, plain Greek yogurt

Directions for Pressure Cooker:

Place chicken in a single layer on the bottom of the pot. Add salsa, (water if needed), lime juice, and spice blend. Secure/seal lid and cook on high pressure for approximately 20 minutes or until chicken is thoroughly cooked (internal temperature of 165°F). When chicken is done, use natural release. Remove the chicken from the pot and shred or dice on a cutting board. Add the yogurt and cheese to the pot and set to sauté. Whisk until mixture is smooth. Add the black beans and shredded chicken to the pot. Stir to combine. The mixture can be used for tacos or quesadillas or as a topping for salads or brown rice. Serve with your favorite toppings.

Note: Southwest Chipotle Spice Blend has the following ingredients - Chili powder, cilantro, cumin, onion, garlic, smoked brown chipotle, smoked paprika, unrefined sea salt, pepper & spices.

Creamy Tex-Mex Chicken Slow Cooker



MAKES 8 - 10 SERVINGS

Ingredients:

- 2 lb boneless, skinless chicken breast
- 1/2 c salsa (if it's a very thick salsa, add 1/4 c water)
- juice of 1 lime
- 1-2 Tbsp Southwest Chipotle Fresco Spice Blend or other southwest blend
- 4 oz plain Greek Yogurt
- 1 c shredded pepper jack cheese
- 1 can (15 oz) black beans, drained and rinsed
- Optional toppings: cilantro, salsa, avocado, plain Greek yogurt

Directions for Slow Cooker:

Place chicken in a single layer on the bottom of crock pot. Add salsa, (water if needed), lime juice, and spice blend. Cook on low approximately 6 hours or until chicken is thoroughly cooked (internal temperature of 165°F). When chicken is done, remove from pot and shred or dice on a cutting board. Add the yogurt and cheese to the pot. Whisk until cheese melts and mixture is smooth. Add the black beans and shredded chicken to the pot. Stir to combine. The mixture can be used for tacos or quesadillas or as a topping for salads or brown rice. Serve with your favorite toppings.

Note: Southwest Chipotle Spice Blend has the following ingredients - Chili powder, cilantro, cumin, onion, garlic, smoked brown chipotle, smoked paprika, unrefined sea salt, pepper & spices.