

LUNCH OR DINNER — MAIN DISH

Creamy Tex-Mex Chicken (Slow Cooker)

Makes 9 servings · about ¾ cup each

SATIETY SCORE 5 / 5	NUTRITION HIGH
Per serving (approx.): Protein 29 g · Fiber 3 g · Calories 210	

Ingredients

- 2 lb boneless, skinless chicken breast
- ½ cup salsa (add ¼ cup water if very thick)
- Juice of 1 lime
- 1–2 Tbsp Southwest Chipotle spice blend
- 4 oz plain Greek yogurt
- 1 cup shredded pepper jack cheese
- 1 can (15 oz) black beans, drained and rinsed

Directions

1. Place the chicken in a single layer in the crock pot. Add the salsa (and water if needed), lime juice, and spice blend.
2. Cook on low about 6 hours (internal temp 165°F).
3. Remove and shred or dice the chicken.
4. Whisk the yogurt and cheese into the pot until the cheese melts and the mixture is smooth.
5. Stir in the black beans and shredded chicken to combine.

Note: Great for tacos, quesadillas, salads, or over brown rice. Optional toppings: cilantro, salsa, avocado, plain Greek yogurt.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Makes 9 servings · about ¾ cup each

Check off what you need — items are grouped by store section.

PRODUCE

- ☐ Juice of 1 lime

MEAT & POULTRY

- ☐ 2 lb boneless, skinless chicken breast

DAIRY & EGGS

- ☐ 4 oz plain Greek yogurt
- ☐ 1 cup pepper jack cheese

PANTRY & DRY GOODS

- ☐ ½ cup salsa (add ¼ cup water if very thick)
- ☐ 1–2 Tbsp Southwest Chipotle spice blend
- ☐ 1 can (15 oz) black beans