



Easy Enchilada Shredded Chicken

Makes 10-14 Servings

Gluten Free, Dairy Free, High-Protein, Low-Sodium, Low-Cal, Low-Fat, Low-Sugar

Prep Time: 5 minutes Cooking Time: 5-6 hours

Ingredients:

5-6 lbs. boneless chicken breast
14.5 oz. can petite diced tomatoes
1 medium onion, chopped
8 oz. red enchilada sauce
1/2 tsp. salt
1/2 tsp. chili powder
1/2 tsp. basil
1/2 tsp. garlic powder
1/4 tsp. pepper

1. Place chicken in 3 or 5 quart crock pot.
2. Add in the remaining ingredients.
3. Cover and cook on low for 5-6 hours.
4. Remove chicken and shred it between two forks. Place the shredded chicken back in the crock and stir to mix in the juices.

Serving suggestions: Serve over salad, brown rice, quinoa, sweet potatoes, nachos, or soft shell corn tacos. Add a dollop of plain yogurt and a sprinkle of cilantro.

Calories: 240
Fat: 5g
Sodium: 340 mg
Carbs: 4g
Sugar: 2g
Protein: 44g