



# SHREDDED CHICKEN FIESTA BOWL

## MEAL PREP

### Ingredients:

#### Shredded Chicken

- 1 lb. Chicken Breast
- 1 cup reduced Sodium Vegetable Broth
- 1/4 taco seasoning
- 1 cup chopped yellow onion
- 1 cup of your favorite salsa
- 5 cloves of garlic

#### Bowl

- 1/2 cup red onion
- 4 roma tomatoes chopped
- 1/4 cup fresh cilantro chopped
- 1 lime juiced
- 1 can black beans
- 1 bag of PuraVida Adobo Street Corn
- 1 3/4 cup Quinoa
- 3 1/2 cups broth

### Directions:

#### Shredded Chicken

- Place chicken breast in a crockpot.
- Add: broth, yellow onion, taco seasoning, salsa, & garlic
- Cook for 3-4 hours on High or 4-6 hours on Low.
- Shred chicken or chop to desired texture.

#### Bowl

- Cook quinoa in broth for 15 minutes.
- Mix red onion, tomatoes, lime juice, cilantro, salt & pepper & set aside
- Follow package directions on corn
- 5 containers
  - 1 cup cooked Quinoa
  - 1/2 cup shredded chicken
  - black beans, corn
  - Add tomato mixture when serving

*Enjoy!*

