



Black Bean & Corn Chicken

Prep Cook Time: 7-9 hours

SERVES 4

Ingredients:

- 1.5 – 2 lbs chicken breasts, pounded, cut in half
- 1 teaspoon salt
- 1 tablespoon vegetable oil
- 1 cup salsa
- 1 can black beans, drained
- 1 can corn, drained
- 2 tablespoon fresh cilantro, if desired

Steps

1. Season chicken with salt. In a large skillet, heat oil over medium-high heat. Cook chicken in oil about 4 minutes, turning once, until brown.

2. In crock-pot, mix salsa, beans and corn. Top with chicken. Cover and cook on low 7-9 hours. Sprinkle with cilantro when serving, if desired.