

Slow Cooker Chipotle Honey Chicken Lunch Bowls

Prep Time

25 mins

Cook Time

4 hrs

Total Time

4 hrs 25 mins



Ingredients

Slow Cooker Chipotle Honey Chicken

- 1/4 cup honey
- 1/4 cup stock
- 1/4 tsp salt
- 1 clove garlic
- 1 tablespoon lime
- 2 tablespoons adobo
- 1 chipotle pepper whole; optional
- 2 chicken breasts

Salad

- 3 cups cabbage
- 2 carrots shredded
- 1 bell pepper thinly sliced

Before serving

- tortilla chips or strips
- or small tortillas to serve as tacos

Instructions

1. **Slow Cooker Chipotle Honey Chicken:** Combine the chicken, stock, honey, salt, garlic, lime juice, adobo sauce and chipotle pepper in the base of a 2.5-quart slow cooker (see note).
2. Cook on low 4-5 hrs or high 3-4 hours. Do not over-cook this recipe as the honey may cause it to burn.
3. **Taco Salad Lunch Bowls:** Prep the veggies and divide between four 2-cup capacity storage containers (2-compartment containers recommended if you have them).
4. Portion out the chicken in the containers and spoon the sauce over.
5. Keep tortilla strips or tortillas separate until just before serving.
6. **Storage:** Seal and store in the fridge for up to 4 days.
7. **To serve:** Heat the chicken or serve cold. Mix everything up, tossing the sauce over the salad. Sprinkle with tortilla strips or serve in a tortilla (taco-style).

Recipe Notes

Recipe may be doubled and cooked in a 5-quart slow cooker; if you have too much chicken, it can be frozen for up to 3 months.

Nutrition Facts

4 Servings/Amount Per Serving (1 lunch bowl) Calories 253, Fat 5g, Carbohydrates 27g, Protein 24g