

Slow Cooker Chicken Burritos



INGREDIENTS

MAIN DISH | MAKES 6-8 SERVINGS

- 2 Lbs Boneless, Skinless Chicken Breasts
- 2-3 TBSP Olive Oil
- 1 lime, zested and juiced
- 2 cups of Frozen Corn
- 2 tsp minced garlic
- 1/2 finely Chopped Red Onion
- 1 can Black Beans, drained & rinsed
- 1 tsp Cumin
- 1 tsp salt
- 1 tsp Chili powder
- 1/2 tsp black pepper
- 1 cup cilantro, chopped

OPTIONAL ITEMS TO SERVE WITH

- Rice (Brown or Jasmine)
- Sautéed Peppers & Onions
- Tortillas (Whole Wheat)
- Salsa
- Pico de Gallo
- Guacamole
- Shredded Cheese
- Chips
- Greek Yogurt
- Spinach
- Romaine Lettuce
- Corn Salsa

INSTRUCTIONS

Adapted from That's What's For Dinner

- All ingredients (except cilantro) can be placed into the slow cooker (if cooking now) or a gallon ziplock bag (if cooking later).
- If cooking now, cook on LOW for 6-8 hours or HIGH for 3-4 hours.
- When 30 minutes remain on the cook time, add cilantro.
- If freezing, be sure to thaw overnight before cooking.
- Since this recipe makes 6-8 servings, I like to divide into 2 meals as I am adding ingredients. I create one meal for now & one to freeze for later.

WAYS TO SERVE

- On a bed of romaine or spinach with salsa as the dressing
- Over rice with sautéed pepper & onions
- In a tortilla

KIDS

My kids love this on a tortilla with cheese or over a bed of jasmine rice with tortilla chips. You could also chop & sauté spinach to get some extra veggies in.

10 DAY CLEANSE | 24 DAY CHALLENGE

This would be an amazing meal during the challenge. If you are cleansing, opt for minimal complex carbs & dairy add ins. Eating this over a bed a spinach or romaine with sugar free salsa as a dressing would be filling, flavorful, and on point. During the max phase, these options are also work well.

REHEATING + FREEZING

Not only is the freezer meal option outstanding, this meal also reheats really well.