Slow Cooker Mexican Chicken



8 servings 4-8 hours

Ingredients

- 2 lb. boneless skinless chicken
- 3 Tbsp taco seasoning
- 16oz. salsa

Directions

1. Place all ingredients in slow cooker.
2. Cook on high for 4 hours, medium heat for 6, or low heat for 8 hours.
3. Once chicken has fully cooked, use two forks or a hand mixer to shred.
4. Serve in tacos, on nachos, on a salad, or over a bed of rice. Garnish with cilantro (optional)

Freezer Meal Instructions

1. Place all ingredients in a gallon ziplock bag.
2. Massage salsa and seasoning into meat.
3. Label and freeze for up to six months.
4. Defrost in fridge overnight and then cook following directions above.

great on tacos or nachos!