



Lunch Recipes

Pulled Chicken (Crockpot Recipe)



Ingredients:

- 2 sliced onions
- 1 jar roasted red peppers
- 1 can hot rotel
- 4 organic chicken breasts (trim the fat)
- 1 packet low sodium taco seasoning (spread over chicken)
- ½ jar fresh salsa

Directions:

1. Place ingredients into crockpot, in that order (ie: sliced onions first, then jar of roasted peppers and so on)
2. Cook on high for 6-8 hours
3. Shred chicken with a fork
4. Serve

Enjoy!

Nutrition Information:

1 serving: 160 calories, 22 grams protein, 4 grams carbs, 5 grams fat

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