







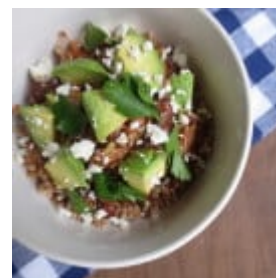


Slow Cooker Chicken Burrito Bowls

Slow cooker chicken for burrito bowls makes a tasty hands-off meal for busy weeknights.

 Course	Entree, Make Ahead
 Cuisine	Mexican American, Southwestern
 Prep Time	5 minutes
 Cook Time	6 hours
 Total Time	6 hours 5 minutes
 Servings	5
 Calories	155kcal
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4.50 from 2 votes

Ingredients

- ½ pound chicken dark meat for the win!
- ½ medium onion
- 2 cloves garlic minced
- 1 cup salsa
- 1 cup water or stock
- 1 can black beans 2-2 ½ cups cooked beans
- ¼ teaspoon cayenne
- ¼ teaspoon cumin
- ¼ teaspoon oregano
- salt pepper
- optional toppings: cheese avocado, cilantro, tomato, lettuce, lime

Instructions

1. Roughly chop onion and place in bottom of slow cooker. Add chicken thighs and sprinkle with a little salt and pepper.
2. In another bowl, mix together the remaining ingredients and add to slow cooker. You want the chicken mostly covered. (If you use white meat chicken, you probably want to add a little more liquid to cover them completely.)
3. Cook on low for 6 hours, or as long as 10 hours. Shred with a fork, and serve over cooked rice with a bunch of delicious toppings.
4. Note: If you have a rice cooker with a steamer, just toss the rice in there when you get home, and fill the steamer with vegetables. Super easy complete meal!

Nutrition

Calories: 155kcal | Carbohydrates: 17g | Protein: 11g | Fat: 5g | Saturated Fat: 1g |

Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Trans Fat: 0.03g | Cholesterol: 23mg |

Sodium: 364mg | Potassium: 396mg | Fiber: 6g | Sugar: 2g | Vitamin A: 341IU | Vitamin B1: 0.2mg

| Vitamin B2: 0.1mg | Vitamin B3: 3mg | Vitamin B5: 1mg | Vitamin B6: 0.3mg | Vitamin B12: 0.1µg |
Vitamin C: 3mg | Vitamin D: 0.1µg | Vitamin E: 1mg | Vitamin K: 3µg | Calcium: 39mg | Copper:
0.2mg | Folate: 81µg | Iron: 2mg | Manganese: 0.3mg | Magnesium: 51mg | Phosphorus: 138mg |
Selenium: 6µg | Zinc: 1mg | Choline: 26mg

*Slow Cooker Chicken Burrito Bowls <https://www.frugalinutrition.com/slow-cooker-chicken-burrito-bowls-2/> December 30,
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