

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Southwestern Chicken Chili

From www.realmomkitchen.com

- 3 chicken breasts
- 3 can diced tomatoes (and/or Rotel)
- 1 can corn, undrained (14.5 oz)
- 2 can black beans (14.5 oz, rinsed and drained)
- 2 cup salsa
- 1 pkg ranch seasoning (look for an all-natural one without MSG, corn syrup or other additives)
- 1 pkg taco seasoning (look for an all-natural one without MSG)

Instructions

Combine all on the ingredients in your crock pot on low for 4-5 hours. Remove chicken from the pot and shred. Place shredded chicken back into the crock pot and stir to combine. Serve chili in bowls topped with desired toppings.