

U The Lexingtonienne U

CROCK POT SANTA FE CHICKEN

an Easiest Dinner Ever

- 1 1/2 lbs boneless, skinless chicken thighs*
- 1/2 small red onion, chopped
- 1 (15 oz) can black beans, drained
- 1 (14.5 oz) can diced tomatoes with green chilies, NOT drained
- 1 C frozen corn
- 1 C chicken broth (approx 1/2 a [14.5 oz] can)
- Fresh chopped cilantro (Yuck. Optional.)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp ground cumin
- 1/2 tsp chili powder
- 1/2 tsp cayenne pepper, or to taste
- Salt & pepper to taste

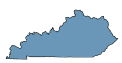
** You can use chicken breasts if you prefer, but I find that for slow cooker recipes, chicken thighs hold up better and do not dry out at all.*

Serve over:

- White or brown rice (I use Uncle Ben's microwave pouches - so easy!)

And top with your choice of:

- Shredded cheddar or Mexican blend cheese
- Tortilla strips
- Sour cream
- Hot sauce, such as Cholula or Tabasco
- Chopped red onion or scallions



Combine onion, black beans, tomatoes, chicken broth, and spices in the crock pot. Place chicken thighs on top. Sprinkle with salt & pepper. Cook on high for 3-4 hours or low for 5-6 hours. Use two forks to shred the chicken into bite-size pieces. Serve over rice, and top however you like.

