Chicken Tacos in Crockpot

Ingredients

- 4 boneless skinless chicken breast or thighs
- 1 pkg taco seasoning
- 1 cup Picante Sauce (store brand)
- lettuce, low fat cheese, avocado, low fat sour cream options for topping

Instructions

Put all ingredients in Crock pot. Cook on high 4 hours or low 8 hours. Shred in juices in Crock pot using two forks. Serve on flour or corn tortillas or in corn taco shells. Garnish with lenuce, low fat cheese, avocado, and low fat sour cream.

130 calories per serving.

17 grams of protein

2 grams of fat

Notes

Recipe submitted by Liza Hutchins Kay.

Summary

Yield: 0
Source: Liza, Terrie
Prep Time: 8 hours
Category: Main Dish
Cuisine: Mexican
Tags: Chickens, Tacos, picante, crock pot