

# Slow Cooker Chicken Tacos

Prep 5 min | Cook 6-8 hr | Enjoy in 6-8 hr

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One of the best ways to make flavourful and tender taco meat is using the slow cooker. By combining chicken, salsa and taco seasoning, these slow cooker tacos are sure to be a hit on taco Tuesday.

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## INGREDIENTS

### For the chicken filling

- 1 ½ lb chicken breasts
- 1 1.25 oz package low-sodium taco seasoning
- 1 16 oz jar of your favorite salsa

### For the toppings

- 5 6-inch whole wheat flour tortillas
  - Shredded lettuce or spinach
  - Tomatoes
  - Black beans
  - Avocado or guacamole
  - Greek yogurt
  - Shredded cheese
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## DIRECTIONS

1. Place chicken in the bottom of the slow cooker. Sprinkle taco seasoning over chicken and pour salsa on top. Mix and cook on low for 6-8 hours or high for 4 hours.
  2. Just before serving, use two forks to shred the chicken. Stir to evenly distribute salsa throughout chicken.
  3. Serve immediately with desired toppings.
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## NUTRITIONAL FACTS

Serves 5

Per 1 tortilla with 3/4 cup filling (without toppings): 201 calories, 4 g fat, 30 g protein, 10 g carbohydrate (9 g available carbohydrate), 1 g fibre, 640 mg sodium