

Slow-Cooker Tex Mex Chicken

1 lb (450 g) boneless skinless chicken breasts
Cut into 1-inch-wide strips
2 tbsp (1/2 of 35 g package) GF taco seasoning mix
2 tbsp flour (your GF favorite)
1 green pepper, cut into 1 inch wide strips
1 red pepper, cut into 1 inch wide strips
1 cup frozen corn
1 ½ cups chunky salsa
1 cup Tex Mex shredded cheese

Method

- Toss the chicken, seasoning and flour into a slow cooker.
- Stir in all the remaining ingredients except the shredded cheese.
- Cover with lid. Cook on low for 6-8 hours (or on high for 3-4 hours)
- Serve wrapped in rice tortillas or on top of shredded salad for a "greener" alternative.
- Prep time: 15 min
- Total time: 6 hr 15 min
- If you have any leftovers, cool, then refrigerate up to 3 days.
- To reheat, cook in skillet on medium heat until heated through, stirring occasionally.

submitted by celiacmaven