

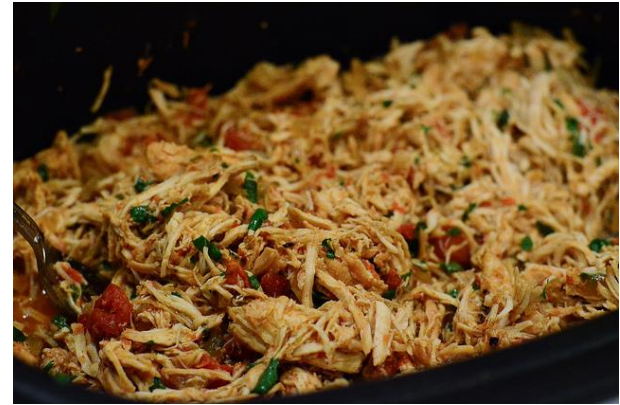
# Crockpot Chicken Taco Meat

## Ingredients

- 3 Tablespoons Reduced Sodium Taco Seasoning
- 1 Cup Chicken Broth
- 1 lb boneless, skinless chicken breasts

## Preparation

1. Dissolve taco seasoning in chicken broth.
2. Spray slow cooker with oil spray and place chicken breasts into cooker.
3. Pour broth over chicken and cover/ cook on low for 6-8 hours.
4. Shred meat with two forks.
5. Enjoy with all your favorite taco toppings in a whole wheat or corn tortilla!



**Yield:** 8 servings

*per serving of taco meat only: 72 Calories | 1.6g Fat | 13g Protein | 0g Carbohydrates*

Hitting the books for a few hours? Prep this meal beforehand and you'll have nutritious brain food hot and ready for when you are done studying. This recipe can also be frozen so you can enjoy leftovers at another time simply place shredded meat and juices into freezer bags and press out the air and seal.