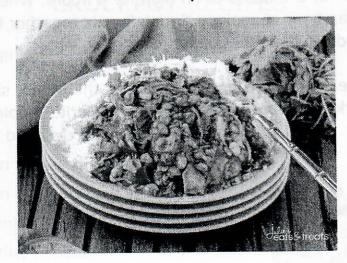
## Crock Pot Spanish Chicken



Delicious chicken loaded with flavorful spices and veggies. This slow cooker meal is perfect for those busy nights!

Course: Main Course Cuisine: American

Keyword: Crock Pot, Slow Cooker, Soup

Servings: 6 Calories: 428 kcal Author: Julie Evink

## Ingredients

- 2 pounds boneless skinless chicken breasts or thighs
- 3-4 tablespoon <u>taco seasoning</u>
- 1/2 large red and green bell pepper chopped
- 1 medium onion chopped
- 2 garlic cloves minced
- 1 14.5 oz can petite diced tomatoes, undrained
- 1 10 oz can rotel tomatoes, undrained
- 16 oz can tomato paste
- 115 oz can white beans, rinsed and drained
- 1/2 cup frozen corn
- 1/2 cup cilantro
- salt and pepper to your taste
- · red chili pepper flakes optional
- 2 cups cooked rice

## Instructions

- 1. Add chicken to slow cooker. Sprinkle taco seasoning over both sides of chicken. Add remaining six ingredients to the slow cooker.
- 2. Cover, cook on low for 6-8 hours. If you notice the liquid is too thin for your liking, add 3 teaspoons of cold water, 3 teaspoons of corn starch to a glass and mix until no lumps remain. Add mixture to slow cooker before time is up and let cook for 15 -30 minutes.
- 3. Once the chicken is cooked through, add in the white beans, corn and cilantro. Mix well and let sit until corn is warmed.
- 4. Serve over cooked rice. Enjoy!