



NUTRITIONAL WEIGHT & WELLNESS, Inc.
educating and counseling people to better health

Cream Cheese Crock Pot Chicken

1 ½ lb uncooked frozen boneless skinless chicken breast
15 oz can black beans, drained
1 ½ cups diced tomatoes OR 15 oz can of diced tomatoes, drained
16 oz jar salsa
8 oz whole fat cream cheese

Put frozen chicken breasts in crock pot, cover with black beans, tomatoes and salsa. Cook on high 4-5 hours or until chicken is cooked.

Place block of cream cheese on top. Cook for an additional 30 minutes. Stir to incorporate cream cheese into sauce. The stirring should cause the chicken to shred.

Serve with brown rice.