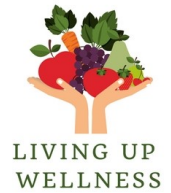


Slow Cooker Chicken Enchilada Bowl



Course : Main Dish

Categories : Chicken, Vegetable Source :
www.livingupwell.com

Serving size : 4 servings of 2 cups

Preparation time : 15 mins

Slow cooker: 8 hours

Pressure cooker: 30 minutes

Ingredients

1 lbs. chicken tenderloins
1 medium red bell pepper
8 oz canned diced tomatoes
8 oz canned black beans (low sodium)
1 cup frozen corn
1.5 cups enchilada sauce (I like El Pato, or other low sodium variety) 1.5
tablespoons Jill's AP Seasoning
1 tablespoon cumin
1 tablespoon chili powder
4-8 corn tortillas (whole wheat flour tortillas)
1 medium avocado
1/4 cup fresh cilantro
Optional: 1/4 cup shredded Mexican cheese
Optional: Slow Cooker baking bag

Directions

Line slow cooker (not instant pot) with baking bag.

1. Dice 1 med bell pepper & finely chop 1/4 cup cilantro.
2. Season 1 lb. chicken with 1 tbsp Jill's AP seasoning, add to crockpot and pour 1/2 cup enchilada sauce to cover.
3. Next, pour in 8 oz diced tomatoes, 1/2 tbsp Jill's AP seasoning, 1 tbsp cumin, 1 tbsp chili powder. Add 1 cup enchilada sauce and stir to mix veggies together but leaving the chicken on bottom. Season with 1 tsp each s&p.
4. Turn slow cooker/instant pot on "low" for 7-8 hours. If cooking in pressure cooker mode, cook for 5 minutes on high pressure. Turn off pressure cooker and quick release.
5. Once chicken is tender, add 8 oz black beans, 1 cup corn, 1 diced bell pepper and 1/4 cup cilantro. Use 2 forks to help shred or break up chicken into pieces of desired size. Add 1/2 cup of water if needed.
6. Serve in bowl over warmed corn tortillas and top with avocado, chopped cilantro and 1 tbsp cheese per serving. Add extra warmed enchilada sauce if desired.