

Slow Cooker Chicken Taco Chili

Ingredients:

- 2 lbs Chicken (boneless skinless thighs or breasts)
 - 15 oz tomato sauce
 - 2 cans drained and rinsed black beans
- 15 oz salsa (make sure salsa has peppers, onions and tomato chunks), divided
 - Taco Seasoning

Directions:

- 1) Place chicken, tomato sauce, black beans, half of the 15 oz of salsa, and taco seasoning in the crock pot. Stir to combine well.
- 2) Cook on low 4-6 hours; until chicken is done.
- 3) Shred Chicken and add back to the pot, as the remaining salsa. Stir and serve.

I make my own Taco Seasoning that is considered to be Whole30 approved. Below is the recipe:

- 1 Tablespoon Chili Powder
- ½ Teaspoon Garlic Powder
- ½ Teaspoon Onion Powder
- 1½ Teaspoons Ground Cumin
- 1 Teaspoon Salt
- 1 Teaspoon Pepper
- ¼ Teaspoon Crushed Red Pepper Flakes
- ¼ Teaspoon Dried Oregano
- ½ Teaspoon Paprika

This is the salsa I used, you can get at Aldi's:

