

Taco Chicken

Ingredients:

- 3 large chicken breasts (frozen or thawed)
- 1 can black beans, rinsed and drained
- 1 can corn (drained) or one frozen bag of corn
- 1 can diced tomatoes with green chiles (mild or spicy to your preference), undrained
- 1 envelope taco seasoning (or make your own if you are more enterprising)
- 1 chopped onion
- Optional items: chopped red, green, yellow or orange sweet peppers, jalapeno or other spicy peppers)

To prep: Put all the above ingredients in a gallon freezer bag. Remove all the air you can. Freeze.

To cook:

In a slow cooker, cook from frozen on high six hours. Or thawed (not in my world) for 3 hours.

In a pressure cooker, cook from frozen 30 mins (10 more until done if not done). Or thawed (ha) for 15-20 mins.

Shred chicken.

To serve (yum): Serve with your fave toppings (cheese, avocado, lime, lettuce, salsa, sour cream are a few of mine) in tacos, burrito bowls or on nachos or salads. Also a great enchilada or quesadilla filling.