Slow-Cooker Chicken Taco Filling Recipe

**SERVINGS: 4**

**INGREDIENTS**

* 16 ounce (1 lb) skinless, boneless chicken breasts
* 1 cup chicken broth
* 1 (1.25 ounce) package dry taco seasoning mix

**INSTRUCTIONS**

1. Mix chicken broth and taco seasoning in a bowl.
2. Place chicken breast in slow cooker.
3. Pour broth and seasoning mixture over chicken.
4. Cover and cook on low for 6-8 hours.
5. Shred chicken.
6. Cook on low for additional 30 minutes to absorb excess juices.
7. Serve as filling for tacos, topping for a salad or by itself for a protein source.

**NUTRITION FACTS (1 serving, 4 ounces)**  
Calories: 148  
Total Fat: 2.4 g  
Total Carbohydrates: 6 g  
Sugars: 0 g  
Protein: 23 g   
Sodium: 930 mg (use low sodium broth and seasonings to reduce sodium content)