

Slow Cooked Southwest Chicken Stew

Only 1/2 hour of prep time and the cooking skills of opening cans gets you out of the kitchen in no time and enjoying a fantastic dinner later on.

I got this recipe from Valerie Magaday as it was passed around at Costco in 2010.

1 Can each:

Corn, drained

Black Beans, rinsed

Chili Beans

Tomato Sauce

Tomatoes diced with green chilis

1 Package of taco seasoning

Fresh ground pepper to taste

1 onion, diced

1 bottle flavorful beer (dark=good)

3 boneless skinless chicken

breasts

Add all ingredients except the chicken to a crock pot. Press the chicken just below the other ingredients and cook on low for 5-6 hours. Remove and shred the chicken a half hour before serving, and shred it with two forks, then add it back in and cook for the last half hour.

Serve with sour creme, tortilla chips and cilantro on top. Also great over rice.

