Quick Healthy Meal

Crockpot Chicken Tacos
Rice
Shredded Lettuce, Diced Tomato
Grated Cheese
Applesauce

Put chicken, broth and taco seasoning mix in the crockpot in the morning.

30 minutes before serving:
- Wash hands
- Prepare rice according to package directions
- Remove chicken from pot; use fork to shred meat.

20 minutes before serving:
- Prepare lettuce
- Dice tomato (or substitute salsa)
- Grate cheese (or use pre-shredded cheese)
- Spoon applesauce into dessert cups.

10 minutes before serving:
- Set the table
- Heat the tortilla shells if desired.

5 minutes before serving:
- Fill the tortillas.

Crockpot Chicken Tacos
Serves 4

1 lb skinless boneless chicken
1 can tomatoes and green chiles or chicken broth
1 package taco seasoning mix

- Place chicken, chiles and tomatoes and taco seasoning mix into the crockpot
- Cook on low for 6 - 8 hours
- Remove chicken and allow it to cool slightly
- Shred it with a fork
- Fill taco shells or wrap in soft tortillas
- Top with lettuce, tomato, cheese, salsa, etc.