

Chicken

Mexican Chicken

Crock Pot: The Original Slow Cooker Oct 20010

Servings: 4

Serve over hot, cooked spaghetti

4 boneless, skinless chicken breasts

1 medium onion, diced

1 can (10 3/4 oz) Condensed cream of chicken soup, undiluted

1 can (10 oz) Mexican-style diced tomatoes with green chiles, undrained

1 pkg (8 oz) pasteurized process cheese spread, cubed

Place chicken, onion, soup and tomatoes with chiles in slow cooker. Cover; cook on LOW six to eight hours or on HIGH four hours.

Break up chicken into pieces. Add cheese spread; cook on HIGH until melted.

Per Serving (excluding unknown items): 69 Calories; 4g Fat (48.1% calories from fat); 2g Protein; 7g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 494mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 1 Fat.