

Red Pepper Chicken (Slow Cooker)

*Piper Spiwak - Vienna, VA
Casseroles, Slow Cooker & Soups - Taste of Home Magazine*

Servings: 4

*4 (4 ounce ea) boneless,
skinless chicken breast
halves
1 can (15 ounce) black
beans, rinsed and drained
1 can (14-1/2 ounce)
Mexican stewed tomatoes,
undrained
1 jar (12 ounce) roasted
sweet red peppers, drained
and cut into strips
1 large onion, chopped
1/2 teaspoon salt
pepper (to taste)
hot cooked rice*

Preparation Time: 15 minutes**Slow Cooker: 6 hours**

Place the chicken in a three-quart slow cooker.

In a bowl, combine the beans, tomatoes, red peppers, onion, salt and pepper. Pour over the chicken.

Cover. Cook on LOW for six hours or until the chicken is tender.

Serve with rice.

Per Serving (excluding unknown items): 176 Calories; 1g Fat (3.6% calories from fat); 11g Protein; 33g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 270mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable.