

# Slow Cooker Caribbean Moo Shu Chicken

*Shannon Kohn - Simpsonville SC  
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## Servings: 8

*6 (6 ounce ea) boneless/ skinless  
chicken breast halves  
1 1/2 cups (2 medium) chopped  
onions  
1 cup chopped sweet red pepper  
2/3 cup chopped dried pineapple  
1/2 cup chopped dried mangoes  
1 can (14-1/2 ounce) fire-roasted  
diced tomatoes, drained  
2/3 cup hoisin sauce  
3 tablespoons hot pepper sauce  
16 six-inch flour tortillas, warmed  
4 cups coleslaw mix  
1/2 cup chopped dry-roasted peanuts*

## Preparation Time: 10 minutes

## Cook Time: 3 hours

In a four- or five-quart slow cooker, combine the chicken, onions, red pepper, pineapple and mangoes.

In a small bowl, stir together the tomatoes, hoisin sauce and hot pepper sauce. Pour the tomato mixture over the chicken mixture.

Cook, covered, on LOW until the chicken is tender, three to four hours.

Remove the meat. When cool enough to handle, shred with two forks. Return to the slow cooker. Heat through.

To serve: Divide the mixture evenly among the tortillas. Top with coleslaw and chopped peanuts.

*Any leftover chicken mixture may be frozen for up to six months.*

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Per Serving (excluding unknown items): 523 Calories; 11g Fat (19.1% calories from fat); 13g Protein; 91g Carbohydrate; 5g Dietary Fiber; 1mg Cholesterol; 1169mg Sodium. Exchanges: 5 1/2 Grain(Starch); 1/2 Vegetable; 2 Fat; 1/2 Other Carbohydrates.