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## *Cheesy Mexican Chicken in the Slow Cooker*

1 can Black Beans, drained and rinsed  
1 can Chickpeas, drained and rinsed  
1 cup Corn, fresh or frozen  
1 jar of your favorite Salsa  
2 boneless skinless Chicken Breasts  
1 Onion, chopped  
1 Tbs Garlic Powder  
1 Tbs Chile Powder  
1 Tbs Cumin, ground  
1 Tbs Cilantro, fresh (*optional*)  
2 cups shredded Cheese, mexican blend or monterey

### For Serving:

Steamed Rice or Quinoa  
Sour Cream - or Full Fat Greek Yogurt (such as Fage)  
Cilantro  
Tortilla Chips, crushed  
Hot Sauce - your favorite (I used Frank's and the vinegary bite was perfect)  
Lime Wedges

Combine the Beans, Chickpeas and Corn in a 6 qt slow cooker. Lay Chicken on top, then sprinkle with the remaining ingredients - except the shredded cheese. Cover and cook on low heat for 7-8 hours or high heat for 5-6 hours.

Sprinkle with shredded cheese and leave on low until melted...aprox 20-30 min. Serve over the rice and top with Hot Sauce (if using), Sour Cream/Greek Yogurt, fresh squeezed Lime, Cilantro (if using), and crushed Tortilla Chips. So easy & delicious! Enjoy!

### *Wine Pairing Recommendation*

A big juicy Red Blend such as a meritage is perfect to pair with the cumin scented chicken and tomatoey sauce. We drank the Clayhouse Adobo Red Blend which is a staple our house - and it was lovely! If you're more of a white drinker, a crisp white wine such as Sauvignon Blanc would be great with the spices in this dish. Or heck...spice up your Mexican Monday with a fresh margarita - what the heck! Cheers!