

## Healthy Crockpot Fajitas

### Easy Chicken Fajitas

Serves 5

Serving Size: 3-4 oz. of fajita mix, with one large or two small whole wheat tortillas

### Ingredients

- 1 ½ lb. boneless, skinless chicken breast (frozen or thawed) - \$2.97
- 1 of each red, yellow, and green bell pepper - \$3.56
- 1 large white onion - \$1.02
- 1 package of taco seasoning - \$0.44
- 1 can low-sodium black beans - \$0.58
- 5 whole wheat tortillas (or 10 small ones)
- 1 tbsp. olive oil
- 1 cup salsa - \$0.62

**Total Cost** = about \$11.86 or \$2.37 per serving

### Cooking Instructions

- Pour ½ cup of salsa on the bottom of the crockpot with 1 tbsp. olive oil
- If chicken is frozen, allow to thaw in the fridge
- Place the chicken on top of the salsa in the crockpot
- Pour the taco seasoning over the chicken
- Cover the crockpot and let cook on high for about 3-4 hours
  - Cook until the chicken is soft and breaks apart
- While the chicken is cooking, wash onions and bell peppers, then slice into strips
- Open and drain black beans
- Uncover the crockpot and add the black beans, bell peppers and onions
- Re-cover and cook for another hour
- Serve on a whole wheat tortilla