

CROCKPOT SALSA CHICKEN QUINOA CASSEROLE



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our classes

Ingredients

- 2 c. Shredded Rotisserie Chicken
- 8 oz. Quinoa
- 1 15 oz. can Black Beans, rinsed and drained
- 1 15 oz. can Sweet Corn, rinsed and drained
- 2 c. Salsa
- 2 c. Low-Sodium Chicken Broth , divided
- 8 oz. Shredded Mexican Blend Cheese
- 1 4 oz. can Diced Green Chiles, not drained
- 5 oz. Queso Fresco , crumbled
- 1 tsp. Ground Cumin
- 1/2 tsp. Salt
- 1/2 tsp. Fresh Ground Pepper

Nutrition

Servings: 6
Calories: 488 Carbohydrates: 32g
Protein: 32g Fats: 25g

Directions

1. The CDC recommends washing your hands for 20 seconds using warm water and soap, making sure to wash your wrists, in between your fingers, underneath your fingernails, and the backs of your hands.
2. Combine all the ingredients - except 4 ounces of shredded cheese and 1 cup of chicken broth - in a 4 to 5-quart slow cooker; smooth out the top.
3. Add the remaining broth and shredded cheese over the ingredients.
4. Cover with a lid and cook on LOW for 6 to 8 hours or on HIGH for 4 hours, or until the quinoa is fully cooked.
5. Serve with your choice of toppings.
6. Enjoy!



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