

Slow Cooker Chipotle Burritos

Lorrie Coop - County Extension Agent, Knox County TX
Scripps Treasure Coast Newspapers

2 pounds boneless/ skinless chicken breasts, cut into five or six pieces
1 jar (16 ounce) salsa
1 teaspoon chili powder
1 teaspoon dried oregano
1 chipotle pepper in adobo sauce, chopped
1 can black beans, drained and rinsed
1 can whole kernel corn flour or corn tortillas
optional toppings (pico de gallo, shredded lettuce, sour cream, shredded cheese, black olives, avocado, etc.)

Place the chicken in a one-gallon freezer bag.

In a bowl, combine the salsa, chili powder, oregano and chipotle pepper, Blend for a few seconds until well mixed. Pour over the meat.

Add the beans and corn.

Press out the air. Seal and place flat in the freezer.

When ready to use, place the bag in the refrigerator to thaw. After the ingredients have thawed, place in a slow cooker. Cover and cook on LOW for six to eight hours. Shred the meat with two forks.

Serve on tortillas with toppings of your choice.

This recipe can also be made with two pounds of boneless beef round steak, cut into five or six pieces.

You can find chipotle peppers in a can in the Mexican section of the grocery store. Since this recipe uses only one chipotle pepper, freeze the remaining peppers in an ice cube tray (one pepper per cube). Once frozen, store them in a zip-close bag in the freezer and use as needed in recipes.

Per Serving (excluding unknown items): 746 Calories; 4g Fat (4.5% calories from fat); 46g Protein; 139g Carbohydrate; 35g Dietary Fiber; 0mg Cholesterol; 1159mg Sodium. Exchanges: 8 Grain(Starch); 2 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fat.

Chicken, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	746	Vitamin B6 (mg):	.9mg
% Calories from Fat:	4.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	71.9%	Thiamin B1 (mg):	1.9mg
% Calories from Protein:	23.5%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	4g	Folacin (mcg):	910mcg
Saturated Fat (g):	1g	Niacin (mg):	6mg

Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	0mg
Carbohydrate (g):	139g
Dietary Fiber (g):	35g
Protein (g):	46g
Sodium (mg):	1159mg
Potassium (mg):	3502mg
Calcium (mg):	347mg
Iron (mg):	13mg
Zinc (mg):	8mg
Vitamin C (mg):	38mg
Vitamin A (i.u.):	2569IU
Vitamin A (r.e.):	257RE

Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

Food Exchanges

Grain (Starch):	8
Lean Meat:	2 1/2
Vegetable:	2 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 746	Calories from Fat: 34
---------------------	-----------------------

% Daily Values*

Total Fat 4g	6%
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 1159mg	48%
Total Carbohydrates 139g	46%
Dietary Fiber 35g	140%
Protein 46g	
<hr/>	
Vitamin A	51%
Vitamin C	64%
Calcium	35%
Iron	74%

* Percent Daily Values are based on a 2000 calorie diet.