

Slow Cooker Black Bean and Corn Salsa Chicken {Freezer Meal}

Recipe by **Six Sisters**

Ingredients

- 2 Can (15 oz) black beans (drained and rinsed)
- 2 Can (15 oz) canned yellow corn (drained)
- 1 1/4 ounce taco seasoning (1 packet)
- 4 chicken breast (4-5 chicken breasts)
- 1 cup salsa
- 3/4 cup water

Directions

Put beans, corn, taco seasoning, and water in crock pot and mix together until seasoning is dissolved. Place chicken breasts on top and spread salsa on chicken. Cook on high for 4 hours. Shred meat and serve however you want (see explanation above). Garnish with cheese, sour cream, avocado, lettuce, tomato, and hot sauce.

This is such an easy freezer meal to make! I just made it with 5 chicken breasts and ate half of it for dinner and froze the other half (in a gallon-sized freezer Ziploc bag) for another night. Make sure you let the food cool before freezing it. On the day that you are ready to eat it, let it thaw and then cook on low in your crock pot for 2-3 hours.

Serves 4