



Slow Cooker Chicken Burritos

Ingredients:

- 740g chicken breast
- One can (400mL) of black beans
- 90g brown rice (uncooked)
- 1 cup chicken broth
- One can (400mL) diced tomatoes
- 1 tsp cumin
- 2 tsp salt
- 2 tsp chili powder

Directions:

1. Place chicken in pot
2. Add in uncooked rice
3. Pour in all other ingredients
4. Add spice
5. Mix and let cook on low for 4 hours

Nutrition:

5 servings

Calories: 367

Fat: 6g

Carb: 15g

Pro: 63g

served with one Flat Out Wrap - 1/8 of the chicken

Calories: 370

Fat: 4g

Carb: 30g

Pro: 47g