



Food H&P

4-5 chicken breasts (I use frozen)

1 can cream of chicken soup

1 cup of salsa

1 pack of dry ranch

1 pack of taco seasoning

½ cup of sour cream

Food Rx

Mix the cream of chicken soup and salsa together. Place everything in a crockpot except the sour cream. Cook on high for 4 hours. Remove chicken and shred with 2 forks. Return chicken to the sauce in the crockpot and stir in ½ cup of sour cream.

The meat is ready! I usually place a couple of spoonfuls of the chicken taco meat in a soft tortilla and sprinkle with cheddar cheese and sliced green onions. Then roll the tortilla and grill on the stove. I also enjoy the meat in taco salads. This is a great recipe to double and freeze the leftovers.