Slow Cooker Cheesy Chicken Taquitos recipe by Chef Jen

Servings: 4-6 people; 2 taquitos each

Ingredients
- 2-3 boneless, skinless chicken breasts
- 1 tsp garlic powder
- 1 tsp cumin
- ½ tsp chili powder
- ½ tsp dried oregano
- ½ tsp sat
- ¼ tsp black pepper
- 8 oz Neufchâtel (low fat) cream cheese, cubed
- 1/3 cup lower sodium chicken broth
- (1) 15 oz can pinto or black beans, rinsed and drained
- ½ cup shredded 2% milk Colby/Monterrey Jack Cheese or Mexican cheese blend
- (12) 6-inch corn or flour tortillas
- optional: cilantro, salsa, sour cream, guacamole/avocado.

Preparation:
1. Mix herbs, spices, salt and pepper together in a small bowl. Coat the bottom of the slow cooker with 1 tbsp olive or canola oil.
2. Coat chicken with the mixture and place in crock pot. Then add cubed cream cheese and chicken broth to crock pot. Cover and cook on low 8 hours or on high 4 hours.
3. Preheat oven to 400°F. Remove chicken from crock pot, shred with two forks, and return to slow cooker along with the rinsed beans. Mix well, continue cooking for 15 minutes.
4. Enlist the help of the kids and get them rolling! Place ¼ cup of chicken mixture onto the middle of each tortilla, then top with ½-1 tablespoon shredded cheese. Roll tightly and place in a single layer on a greased, 13x9 in baking pan. Bake 10 minutes, until tortillas are slightly browned and cheese is melted. Serve with desired toppings, dips and salsas.

Options:
- If cooking 8 hours, can sub 1 cup dried beans. Soak them overnight first and increase chicken broth to ½ cup. This will save some $$ and sodium.
- This would make a great meal to freeze and use for lunches in the week (meal prepping!) To freeze: Cook for ~8 minutes or until tortillas start to harden. Let cool completely and wrap individually in saran wrap. Store in gallon freezer bag in the freezer. Ready to eat: Remove from saran wrap. On microwave safe dish, cover 2 taquito2 with paper towel and heat on high for 3-5 minutes. (Make sure internal temp is 165°F.) Dip in salsa, guac or desired topping.
- Freezing and Microwaving can soften the tortilla. If you desire a crisper shell, heat in microwave for 3 minutes and finish in toaster or conventional oven at 375°F for 2 minutes.
- Leftover mix? Refrigerate and use on top of nachos or add more broth to make soup!