



PALEO SALSA CHICKEN

Makes 14 servings | Serving size: ½ cup

PREP TIME

5 min

COOK TIME

4-6 hrs

TOTAL TIME

6 hr 5 min

This chicken only takes two ingredients to make! This chicken is great to keep on hand, as it is super versatile. Serve it on salad, plantain chips, sweet potatoes, in wraps, or anything else you can think of!

Ingredients

- 3 pounds skinless, boneless chicken breasts
- 1 cup paleo-approved salsa



Directions

1. Place the chicken and salsa in a crockpot.
2. Cook on low for 4 hours or on high for 6.
3. Once the chicken is cooked through, use two forks to shred it.
4. Serve on salads, baked sweet potatoes, plantain chips, or in wraps.