

Slow-Cooker Salsa Chicken

Submitted by: [CHELLESHOCKED](#), Spark People Recipes



Minutes to Cook: 480

Number of Servings: 6

Ingredients

- 4 boneless, skinless chicken breasts
- 1 cup [salsa](#)
- 1 package reduced sodium taco seasoning
- 1 can reduced fat cream of mushroom soup (condensed)
- 1/2 cup reduced fat sour cream

Directions

- Add chicken to slow cooker.
- Sprinkle taco seasoning over chicken.
- Pour salsa and soup over chicken.
- Cook on low for 6 to 8 hours.
- Remove from heat and stir in sour cream.

NOTES:

You may use half the packet of [taco](#) seasoning (I have started doing this to reduce sodium content myself)

Some slow cookers cook faster than others. Mine is a true slow cooker (have had it over 10 years.) The newer ones cook a bit faster and you may have to adjust your cooking time based on that!