

Slow Cooker Shredded Chicken

This simple shredded slow cooker chicken is perfect for meal prep! A crock pot chicken breast recipe to use in your favorite recipe.

Makes: 4 servings
 Prep Time: 5 minutes
 Cook Time: 3-4 hours

Source: MyPlate Super Simple Cookbook

Ingredients

- 2 lb. boneless, skinless chicken breasts
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1 cup water

Directions

1. Place chicken breasts in the slow cooker crock. Add water, salt, and pepper to the chicken.
2. Cover and cook on low 6-8 hours or high for 3-4 hours. Chicken should have an internal temperature of 165 ° F.
3. Remove cooked chicken and shred with two forks.

Utensils Needed

- Slow Cooker
- 2 Forks
- Bowl
- Measuring cups
- Measuring spoons



Small Changes,
 BIG Difference!



Nutrition Information

| Serving Size: 1 cup | |
|----------------------|--------|
| Nutrients | Amount |
| Calories: | 420 |
| Total Fat: | 9g |
| Saturated Fat: | 2g |
| Cholesterol: | 202mg |
| Sodium: | 350mg |
| Total Carbohydrates: | 0g |
| Dietary Fiber: | 0g |
| Total Sugars: | 0g |
| Added Sugars: | 0g |
| Protein | 78g |

SHOPPING LIST

Average total cost without oil and seasonings: \$10.98

Average cost/serving: \$2.75

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



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2 lb. boneless, skinless chicken breasts

SAVE TIME, SAVE MONEY

My Cooking Notes

Similar Recipes

- Consider trying other recipes with similar ingredients found on snapedny.org, such as:
 - Picnic Chicken Salad
 - Classic Chicken Soup
 - Mexican Chicken Salad