**INGREDIENTS:**
- 1 large onion, diced
- 1 (12.5 oz.) can chicken breast or 2-3 boneless chicken breasts
- 1 (16 oz.) jar medium salsa
- 1 (15 oz.) can stewed or diced tomatoes
- 1 (8 oz.) can chopped green chilies
- 1 (15 oz.) can black beans, drained and rinsed
- 1 can (15.25 oz.) corn, drained and rinsed
- 2 tsp. minced garlic
- 1/4 tsp. black pepper
- 2 c. water
- 2 c. unsalted chicken broth
- 1 pkt. taco seasoning

**DIRECTIONS:**
Combine all ingredients in a slow cooker and cook on low for 4 hours or high for 2 hours. Serve with tortilla chips.

If using chicken breasts, line the slow cooker with chicken. Place all other ingredients on top of chicken and stir gently to combine. Cook on low for at least 8 hours. An hour before serving, remove chicken breasts and shred with forks. Return shredded chicken to slow cooker and let cook for remaining hour.

**NUTRITION:**
Makes 12 servings. Each serving has 110 calories, 1 grams (g) fat, 8 g protein, 15 g carbohydrate, 4 g fiber and 620 milligrams sodium.