

Mexi-Grits

- 3 boneless, skinless chicken breasts
- 1 tsp. chili powder
- 1 tsp. cumin
- ½ tsp. Mexican oregano
- 1 tsp. smoked Paprika (or 1 chipotle pepper, chopped hot more heat)
- 1 Tbsp. chopped garlic
- Salt and pepper to taste
- 1 28 can diced tomatoes
- 1 can Mexi-Corn
- 3 cups low-sodium chicken broth
- 1 - 15 oz. can of black beans, drained & rinsed
- 1 - 10 can of diced tomatoes with green chilies, like Rotel
- 1 can tomato paste
- 1 small can of diced mild green chilies (optional)
- 1 onion, chopped
- 1 red bell pepper, seeded & chopped
- 2 Tbsp. lime juice

Method: Combine all but lime juice in slow cooker and cook 5 hours on High. Make sure chicken is submerged. Stir-in lime juice. Remove chicken and shred with forks. Return chicken to pot. Ladle over cheesy grits. (below) Top with **CHOPPED GREEN ONIONS, CHOPPED CILANTRO, SOUR CREAM, DICED AVOCADO OR GUACAMOLE, QUESO CHEESE, JALOPENO PEPPERS, HOT SAUCE AND A WEDGE OF LIME OR WHAT EVERL YOU LIKE!**

Cheesy Grits

- 4 cups of water
- 1 cup of quick cooking grits
- 1 ½ tsp. salt
- 4 oz. cream cheese, room temp & diced
- 2 Tbsp. butter
- ¾ cup grated sharp cheddar cheese

Method: Bring water to boil. Add salt and lower temp. to medium-high. Slowly stir in grits. Reduce heat to low, cover and simmer 20-25 minutes or until desired consistency. Stir-in cheeses & butter. Serve under Mexican stew (above).