



Slow Cooker Ranch Chicken

Submitted by PEHP Member Tracie G.

Serves 4-6

Ingredients:

- 4 boneless, skinless chicken breasts
- 1 packet of dry Au Jus mix
- 1 packet of dry Ranch dressing mix

Steps:

- Put chicken breasts and one cup water in the slow cooker. Sprinkle Au Jus and Ranch packets over the chicken.
- Cook on Low 4-6 hours. Chicken should be very tender and shred apart easily with a fork. (To easily shred, put a fork in the chicken and turn it in circles.)
- Serve with brown rice and a vegetable medley

Tips from the Test Kitchen: Cook extra chicken to use in another meal during the week, such as soup, filling for a wrap, or on top of sweet potatoes with green onions, tomatoes, and low-fat sour cream. You can also freeze extra chicken so that it's handy for a later use!