

Crock Pot Chicken

- **5-6 chicken breast (frozen or thawed is fine)**
- **Seasoning 1 – garlic, chili pepper, dried onion, parsley, fennel, mustard seed, coriander, cumin, lemon pepper, paprika and basil.**
- **Seasoning 4 – use any of the marinades/sauces I have written up for you above.**
- **Seasoning 3 – Taco seasoning from (whole foods)**

Place chicken in crock pot, in separate bowl fill with water and mix seasonings. Pour over chicken. Add more water until chicken is covered. Simmer at 250F for 3-5 hours. The longer it cooks the more tender it is. It will just melt and fall apart! You can use fork to shred it up or a hand mixer. Store all in container in fridge.