



CROCKPOT MEXICAN CHICKEN STEW

2-14 oz. Chicken Broth

2-14 oz. Tomatoes

1 bag frozen mixed onions, green & red peppers (or 1 cup each fresh)

1 small can sliced olives

1 small can sliced jalapenos

3 medium chicken breasts

1 package chicken taco mix

Serve over 4 cups cooked rice. Can top with sour cream and shredded cheddar cheese.

Mix all ingredients except rice, sour cream and cheese in crockpot. Cook on low for 8-10 hours. Before serving, pull chicken apart and shred slightly.

Drink More Water

Building a healthy eating routine isn't just about the foods you eat—it's important to pay attention to your drink choices too. Too many calories from drinks make it hard to stay at a healthy weight.

- Carry a reusable water bottle to refill during the day.
- Keep a cold pitcher of water in your refrigerator.
- Try unsweetened sparkling water if you like bubbles.
- Add fruit or herbs to your water for a fresh flavor.

