

Green Chile Enchilada Pasta

Recipe makes 6 meals

Ingredients

1.5lbs Boneless Skinless
Chicken Breasts
15oz Barilla Protein Pasta
14oz Green Chile Enchilada
Sauce
20oz Diced Tomatoes
w/Green Chiles
1 medium Onion, chopped
1 C Shredded Cheese
1 Tbsp Adobo Seasoning
Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 460

Fat - 10g

Carbohydrates - 54g

Protein - 41g

**Estimated Cost
Per Meal**

\$2.44

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Instructions

1. In a crockpot, add 14 oz of green chile enchilada sauce, 20 oz of diced tomatoes with green chiles, 1 medium chopped onion, and 1 Tbsp of adobo seasoning. Mix well.
2. Lay in your chicken breasts and lightly press down to cover the chicken as much as possible.
3. Place your lid on the crockpot and cook on low for 4 hours, or until chicken is fully cooked.
4. When your chicken is done cooking, remove from the crockpot and shred using the back of two forks. You can also use a hand mixer if you prefer.
5. Once your chicken is shredded, place it back in the crockpot and add 1 cup of shredded cheese. Mix everything together and leave uncovered while you cook your pasta.
6. Cook your pasta according to the instructions on the package. Once done, strain, and add your cooked pasta to your crockpot.
7. Mix everything together. If you feel as though your pasta needs more liquid you can add more of the leftover enchilada sauce.
8. Taste and add salt and pepper to preference.
9. Enjoy!

Notes

- If you want to bulk this meal up a bit, you can add any veggies that you like. And if you aren't in the mood for pasta, this goes great over a bed of rice!
- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.