

Chicken Fajitas/Soup

4-6 chicken breasts (fresh)

1 package gluten free taco mix

1 tsp chili powder

1 onion sliced

2 bell peppers slice, any of your favorite color

1 cup of water or chicken broth

Place chicken in the bottom of crock-pot, pour taco mix over the chicken. Add peppers and onions on top of that, if you are cooking for fajitas add the 1 cup of water or chicken broth. (Add more if you are making soup). Cook on low at least 4 hours. You can wrap in rice tortilla wrap or flaxseed wraps of the fajita wraps.