



# FREE LOW CARB MEAL PLAN

## Slow Cooker Cream Cheese "Crack" Chicken

(Yields about 6 servings)

### **Ingredients:**

2 lb. Chicken breast meat  
1- 0.6 oz. packet Zesty Italian Seasoning  
8 oz. Cream Cheese, Plain  
8 oz. Cream Cheese, Onion & Chive flavor  
4 Bacon Slices, Cooked, Crumbled  
4 cups Cauliflower, Riced (or desired amount for serving)  
8 oz. Broccoli, chopped  
Shredded Parmesan Cheese (optional topping)

### **Directions:**

- Place raw chicken, cream cheese, and seasoning packet into a slow cooker. Cover, and cook on HIGH for about 3- 4 hours or LOW for 6-8 until chicken is tender and can be shredded. (Mine was done at 3.5 hours on HIGH.)
- 15 minutes before serving add broccoli to slow cooker.
- Fry bacon in a skillet on the stove, drain, and set aside.
- Place riced cauliflower in skillet with a tiny amount of bacon grease and cook for a few minutes on medium heat until tender.
- Shred chicken, stir sauce, and serve on top of cauliflower rice with crumbled bacon and parmesan cheese if desired.
- Note: If sauce becomes too thick, just stir in a little cream or milk to thin.