Recipe/Ingredient Cards:
Title: Crock Pot Meals
Date: Friday November 13th
Time: 7:00am

Nacho Chicken and Rice Wraps Ingredients:
- 2 cans cheddar cheese soup (healthy request)
- 1 cup water
- 2 cups chunky salsa
- 1 ¼ cups uncooked regular long grain brown rice
- 2 pounds boneless chicken breasts; cubed
- 10 whole grain tortillas (10 inch diameter)

Servings: 10
Cook time: 7-8 hours on low

Directions:
1. Mix soup, water, salsa, rice, and chicken in the crock pot.
2. Cover and cook on low for 7-8 hours or on high 4-5 hours or until done.
3. Spoon about 1 cup of rice mixture down center of each tortilla.
4. Fold tortilla around filling and enjoy.