

Crockpot Peanut Butter Chicken

This recipe is a must try for those athletes needing to increase muscle mass.

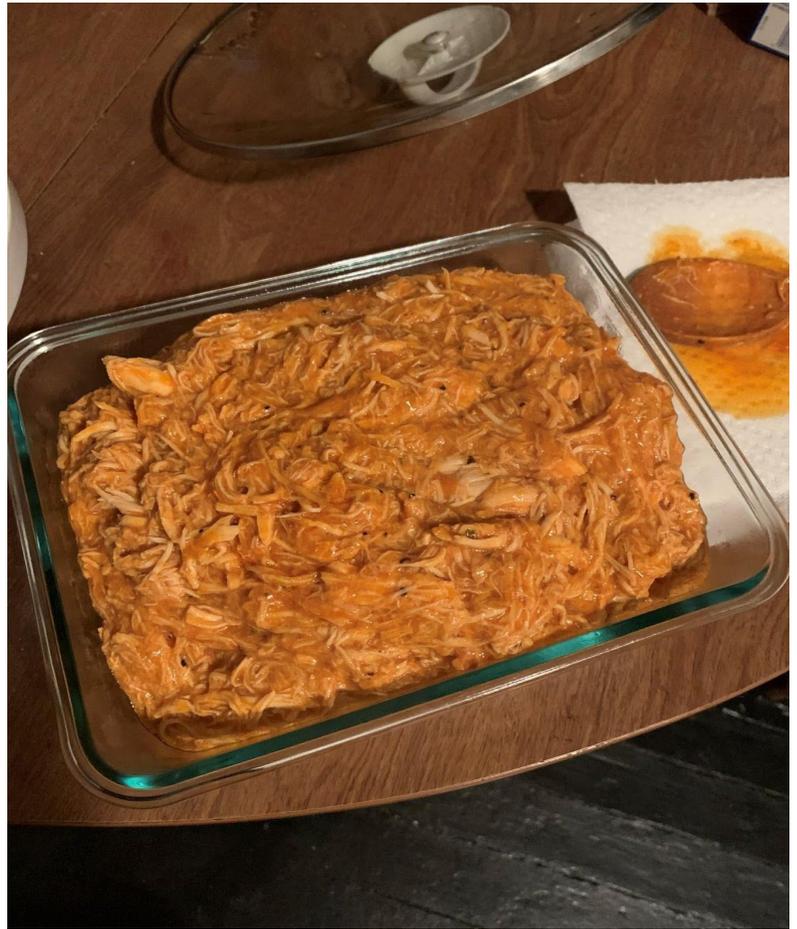
Tags: crockpot, dinner, high protein, high calorie

Ingredients:

1. 4-5 pounds of boneless skinless chicken breast
2. 4 cups of salsa of your choice
3. 7.5 cups of peanut butter (about 2 pounds, which is two jars of the small size at the grocery store)
4. $\frac{3}{4}$ cup soy sauce of your choice
5. $\frac{3}{4}$ cup lime juice

Directions

1. Spray the inside of your crockpot with a cooking spray or try to use a liner. This is not mandatory but definitely speeds up the cleanup process.
2. Cut chicken breasts into halves or quarters to help with shredding later.
3. Place chicken in the crockpot. Now is the time to season the chicken with any extra spices you like. I add a tiny bit of paprika, cayenne and sesame oil for spice and a nutty smell.
4. Pour salsa, soy sauce, and lime juice into the pot first and stir slightly by hand or with a spoon
5. Add peanut butter to the very top of the pile. DO NOT stir in yet but try to squish it down enough that it does not make contact with the lid.
6. Either cook this dish on high for 4 hours or low for 8 hours. *For best results:* stir the peanut butter into the pot and shred the chicken by fork halfway through cooking time.
7. **When ready to eat, this dish is best served with rice and stir fried or steamed vegetables. I also recommend Sriracha sauce, it's great.**



Macronutrient Breakdown

Crockpot Peanut Butter Chicken Macronutrient Breakdown

Ingredient	Calories	Carbs(g)	Fat(g)	Protein(g)
Chicken	3366	0	279	553.5
Peanut Butter	5040	375	975	487.5
Salsa	300	17	<1	3.9
Soy Sauce	101	14.55	<1	12
Lime Juice	45	15	<1	<1
Totals	8852	421.55	1254	1056.9

This Breakdown is for the entire crockpot. This could easily make 12 servings

Contact us with any questions.