

Chicken Taco Crock Pot Recipes

Slow-cooked, gently spiced shredded chicken served in corn tortillas with crisp cabbage and lime.

Prep 20 min | Cook 4 hr | Serves 4 | Easy

Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 1 tbsp (15 ml) neutral oil
- 1 onion (150 g), sliced
- 2 garlic cloves (6 g), minced
- 1 tsp (2 g) ground cumin
- 1 tsp (2 g) paprika
- 1/2 tsp (1 g) dried oregano
- 1/2 tsp (3 g) salt
- 1 tbsp (15 ml) lime juice
- 1 cup (240 ml) chicken stock
- 1 cup (240 g) crushed tomatoes
- 8 small corn tortillas (200 g)
- 1 cup (100 g) shredded cabbage

Method

1. Place fully thawed chicken, onion, garlic, spices, salt, stock, tomatoes and oil in a 4-quart slow cooker.

2. Cover and cook on LOW for 3-4 hours, until chicken reaches 165°F (74°C) and shreds easily.

3. Shred chicken on a clean board. If needed, reduce excess liquid separately in a saucepan. Return chicken to sauce and stir in lime juice.

4. Warm tortillas in a dry skillet. Divide chicken among tortillas and top with shredded cabbage. Serve promptly.

Doneness: Chicken must reach 165°F (74°C) in the thickest pieces.

Storage: Refrigerate within 2 hours in a covered shallow container; use within 3-4 days.

Reheat leftovers to 165°F (74°C).