Mexican Shredded Chicken Recipes

Slow-simmered chicken thighs shredded in a rich tomato-lime sauce

Prep 20 min | Cook 45 min | Additional 5 min | Serves 4



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

Method

1. Heat oil in a deep skillet. Sauté onion for 5 minutes and garlic for 30 seconds. Stir in cumin, paprika, oregano and salt.

2. Add chicken, stock and tomatoes. Cover and simmer 25-30 minutes until chicken reaches 165°F (74°C) and shreds readily.

3. Move chicken to a clean board and shred with two forks. Simmer sauce uncovered 5-10 minutes until thick.

4. Return shredded chicken to sauce and add lime juice.

Food safety, storage and serving

Chicken must reach 165°F (74°C) at its thickest point; verify with a food thermometer. Refrigerate in shallow covered containers within 2 hours and use within 3–4 days. Serve with fresh cucumber-tomato salad.