

Slow Cooker Chicken Tacos

Adapted from Jessica Cox, RD

Ingredients

2 teaspoons ground cumin
½ teaspoon salt (omit for low sodium option)
½ teaspoon black pepper
3 pounds boneless, skinless chicken thighs (about 12 thighs)
1 ½ tablespoons canola oil, divided
1 large onion, chopped
2 stalks celery, chopped
1 large carrot, peeled and chopped
1 medium jalapeño, sliced into thin rings (optional, remove seeds & membrane for more mild flavor)
4 cloves garlic, minced
2 ½ cups salsa verde (green tomatillo salsa), divided
½ cup reduced-sodium chicken broth
24 (6-inch) tortillas

1 avocado, pit removed and diced

1 cup crumbled queso fresco cheese (can use feta or other cheese if unable to find queso fresco)
¼ cup fresh cilantro leaves
2 limes, cut into wedges for garnish

Directions

Before you begin: Wash your hands.

1. In a small bowl, combine cumin, salt and pepper. Rub mixture evenly over chicken thighs. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add half of chicken; cook 3 minutes per side or until browned. Transfer to a 5-or 6-quart slow cooker. Repeat procedure with remaining chicken.
2. Heat remaining ½ tablespoon oil in pan over medium heat. Add onion, celery, carrot, jalapeño and garlic; cook, stirring frequently, 5 to 7 minutes or until vegetables are tender and begin to brown. Transfer to slow cooker. Add 2 cups salsa and broth. Cover and cook on low 4 to 6 hours or until chicken shreds easily with a fork.
3. Remove chicken to a large bowl using a slotted spoon; shred with 2 forks.
4. Warm tortillas according to package instructions. Fill each tortilla with about ¼ cup chicken mixture, 1 teaspoon cheese, 1 teaspoon salsa, handful of avocado and ½ teaspoon cilantro. Serve with lime wedges if desired.