

Slow Cooker Mexican Shredded Chicken

This delicious, healthy slow cooker recipe is as easy as it is versatile. This flavour-packed chicken is perfect for burrito bowls, lettuce wraps, or over a bed of flavourful cilantro-lime rice.

Tip: Don't skip the squeeze of fresh lime juice after cooking. It really brightens the flavours and pulls them all together.

Prep time: 15 minutes

Cook time: 3-8 hours

Serves: 4-6

Ingredients:

2 lbs. boneless, skinless chicken thighs
2 10-oz. cans Rotel fire-roasted diced tomatoes & green chillies, undrained
2 15-oz. cans black beans, rinsed and drained
3-4 cloves garlic, minced
1 small jalapeno pepper, finely diced
1½ T. hickory-flavoured liquid smoke
2 t. ground cumin
1 T. chilli powder
1 t. smoked paprika
2 t. dried oregano
1 t. cayenne pepper
Salt and black pepper, to taste
2 limes, quartered
¼ c. fresh coriander, chopped

Directions:

Unroll and add chicken thighs to bottom of a 5 or 6-quart slow cooker. Top with tomatoes, black beans, garlic, jalapeno

pepper, liquid smoke, cumin, chilli powder, smoked paprika, oregano, and cayenne pepper. Season with salt and black pepper, to taste. Stir to combine, making sure the chicken thighs are coated and submerged in the liquid.

1. Cover and cook on high for 3-4 hours or low for 6-8 hours. 30 minutes before done cooking, remove lid and shred chicken while in the slow cooker with two forks. Stir to combine shredded chicken with other ingredients. Cover and cook for remaining 30 minutes to allow chicken to absorb the flavours.
2. Remove lid and squeeze fresh lime juice into the crock. Add coriander and stir to combine. Season with additional salt and black pepper, if desired.
3. To serve, spoon chicken mixture over plain brown rice or cilantro-lime rice. Top with cilantro-lime sauce if desired. Serve with remaining lime wedges. Enjoy!