

Choco Fever Dream

Crockpot Chicken Tacos – Easy Healthy Recipe

10 min Prep time	**4 h** Cook time	**4 h 10 min** Total time
4 Servings	**Easy** Difficulty	**Mexican** Cuisine

Ingredients

Main Ingredients

- [ ] 1 ½ lbs chicken breast, trimmed
- [ ] 1 tbsp olive oil
- [ ] 1 small onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp ground cumin
- [ ] 1 tsp smoked paprika
- [ ] 1 tbsp chipotle peppers in adobo, minced
- [ ] ½ cup low-sodium chicken broth
- [ ] Juice of 1 lime
- [ ] 12 small corn tortillas
- [ ] 1 cup shredded red cabbage
- [ ] ½ cup fresh cilantro, chopped
- [ ] ½ cup diced tomatoes

Optional Toppings

- [ ] Sliced avocado
- [ ] Crumbled queso fresco
- [ ] Sour cream or Greek yogurt

Instructions

1. Season the chicken with salt, pepper, cumin, and smoked paprika; place it in the crockpot.
2. Combine onion, garlic, chipotle peppers, and chicken broth; pour over the chicken.
3. Cover and cook on LOW for 4 hours, until the chicken pulls apart easily.
4. Shred the chicken with two forks, stir in lime juice, and let it rest for a few minutes.
5. Warm the corn tortillas on a skillet for 30 seconds per side; keep them wrapped in a clean kitchen towel.
6. Assemble tacos: spoon shredded chicken onto each tortilla and top with cabbage, cilantro, tomatoes, and any optional toppings.

Nutrition per serving

340 kcal	30 g	32 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce is too thin, uncover the crockpot for the last 30 minutes to reduce.
- For extra heat, add a dash of hot sauce to the shredded chicken.
- Fresh lime juice added at the end preserves its bright aroma.