

# SLOW-COOKER CHICKEN TACOS

## INGREDIENTS

- 2 tsp ground cumin
- 1/2 tsp salt
- 1/2 tsp black pepper
- 3 lbs boneless, skinless chicken thighs, about 12
- 1 1/2 Tbsp canola oil, divided
- 1 large onion, chopped
- 2 stalks celery, chopped
- 1 large carrot, peeled and chopped
- 1 medium jalapeno, sliced
- 4 cloves garlic, minced
- 2 1/2 cups salsa verde divided
- 1/2 cup fat-free, reduced-sodium chicken broth
- 24 (6-inch) corn tortillas
- 1/2 cup crumbled queso fresco cheese
- 1/4 cup fresh cilantro leaves

## DIRECTIONS

1. In a small bowl, combine cumin, salt and pepper. Rub mixture evenly over chicken thighs. Heat 1 Tbsp oil in a large nonstick skillet over medium-high heat. Cook chicken 3 minutes per side or until browned. Transfer to a 5- or 6-quart slow cooker.
2. Heat remaining 1/2 Tbsp oil in pan over medium heat. Add onion, celery, carrot, jalapeno and garlic; cook, stirring frequently, 5 to 7 minutes or until veggies 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. Shred chicken in a large bowl.
4. Warm tortillas according to package instructions. Fill each tortilla with about 1/4 cup chicken mixture, cheese, remaining salsa and cilantro.



*Recipe courtesy of Academy of Nutrition and Dietetics*

**Serves: 6**

**Serving  
Size:  
2 tacos**

**Calories:  
340**