

Slow Cooker Shredded Mexican Chicken

Ingredients

- 2 pounds chicken breasts
- 1 tablespoon olive oil
- ½ cup mild salsa (medium if you like spicy)
- 3-4 tablespoons brown sugar**
- 1 4 oz. can mild diced green chilies
- 1 14.5 oz. can diced tomatoes, drained
- 1 tablespoon chili powder
- 1 ½ teaspoons salt
- 1 tsp EACH ground cumin, garlic powder, onion powder,
- ½ tsp EACH smoked paprika, dry oregano, pepper
- ½ teaspoon ground chipotle chili pepper (optional for more heat)
- 1 teaspoons liquid smoke
- Hot sauce to taste

Instructions

1. Rub chicken breasts with oil and place in the bottom of your slow cooker. Add all of the remaining ingredients except for the hot sauce. Cook on high for 2-4 hours or on low for 6-7 hours or until chicken is tender enough to shred.

2. Remove chicken to a cutting board, and let rest 5 minutes before shredding (there will be liquid remaining). Return shredded chicken and let cook on low for an additional 20 minutes to absorb some of the liquid/juices. Drain all excess liquid (see note***). Taste and add hot sauce to taste if desired.

Recipe Notes

*Liquid Smoke is found next to the BBQ sauces in any grocery store and adds a wonderfully smokey flavor. **Use 3 tablespoons brown sugar if using mild salsa and not using ground chipotle chili pepper. Use 4 tablespoons if you are using medium salsa and/or the ground chipotle chili pepper. The brown sugar balances out the heat. I use both medium salsa and the chipotle chili pepper and it has a kick but not overly spicy in my opinion – perfect to be smothered in cheese. I had a comment that the chicken is not spicy at all if you leave out the chipotle pepper – perfect for kids. ***When I drain my excess liquid, I top a large bowl with a strainer and add slow cooker contents, pressing down on chicken to get rid of all of the excess moisture. I then use drained liquid plus additional needed water to cook my rice for AMAZING flavored rice. ***If serving over rice, try stirring in some enchilada sauce after you drain your chicken for some saucy Enchilada Mexican Chicken. ****Chicken freezes beautifully.

