



Watch Bryan, \* who lives with MG, make this recipe step by step with his fiancée, Caroline!



## MG-FRIENDLY PULLED CHICKEN TACOS

PREP TIME: 20 MIN • COOK TIME: 5-6 HOURS • YIELDS: 4 SERVINGS

### INGREDIENTS

#### Pulled chicken

- ☐ 2 pounds of chicken breast (boneless, skinless)
- ☐ 1 jar of green or red salsa, or fresh salsa from the refrigerated section (which may be easier to open)
- ☐ 1 medium white onion, diced
- ☐ 1 jalapeno, stemmed, seeded and diced
- ☐ 8 garlic cloves, finely chopped
- ☐ 1 Tbsp of cumin, paprika and chili powder (or a standard, 1-oz or 3 Tbsp, taco seasoning packet)
- ☐ 1/2 cup of water

#### Toppings/optional ingredients

- ☐ Tortillas, taco shells or rice for a taco bowl
- ☐ Cilantro
- ☐ Scallions
- ☐ Cheese (shredded or crumbled like queso fresco)
- ☐ Lime juice (can be fresh or bottled)
- ☐ Avocado (or store-bought guacamole)
- ☐ Lettuce
- ☐ Sour cream
- ☐ Hot sauce
- ☐ Salsa

### DIRECTIONS

1. Add the chicken breasts, salsa, onion, garlic, jalapeño, water and all your seasonings into your slow cooker and stir. Set the slow cooker to low and cook for 5 to 6 hours. The internal temperature of the chicken should be no less than 165°F.
2. Once the chicken is cooked, it should be soft enough to shred with two forks, shredder claws or a kitchen mixer. Stir in any optional ingredients based on your preferences. This could include salt and pepper (note: taco seasoning typically has salt), lime juice, cilantro or scallions.

Now you're ready to serve. Choose hard taco shells (may be easier to hold), soft tortillas (corn or flour) and a bed of lettuce or bowl of rice (about 3 cups of cooked rice typically serves 4 people). All that's left is to add your favorite toppings and enjoy!

### TIPS AND TOOLS:

- ✳ A talking kitchen scale can weigh ingredients
- ✳ A food chopper can make ingredient prep easier
- ✳ Use jarred minced garlic or a garlic press to get that finely chopped consistency
- ✳ Large-print measuring spoons or cups may help if you experience eye symptoms
- ✳ A kitchen mixer or other adaptive tools, like shredder claws, can help shred the chicken

Please consult your healthcare team on which recipes are best for your dietary needs and whether any modifications would be appropriate. Also consider any allergies or dietary restrictions before making these recipes.

\*Paid contributor to MG United