



Slow Cooker Shredded Chicken Tacos

Everyone's on a different diet nowadays, from Paleo and Whole30 to the ever-popular Keto, everyone's got their thing. But that doesn't mean your dining choices have to end! Our slow cooker shredded tacos are perfect for a variety of lifestyles. The best part? We even tell you how to store your leftovers so you can enjoy this whenever the craving strikes. Future You will thank you every time!

Ingredients

for 11 servings

16 oz salsa

2 limes, juiced

1 package taco seasoning

3 tablespoons fresh cilantro, chopped

3 lb chicken breast

salt, to taste

pepper, to taste

Nutrition Info

Calories **227**

Fat **4g**

Carbs **5g**

Fiber **1g**

Sugar **2g**

Protein **38g**

Estimated values based on one serving size.

Preparation

1 In your slow cooker, mix the salsa, lime juice, taco seasoning, and cilantro.

- 2** Salt and pepper the chicken to taste, then mix into the sauce. Cover and cook on high for four hours or low for seven to eight hours.
- 3** Remove the chicken, shred with two forks, and return to the slow cooker and stir.
- 4** Freeze leftovers in an airtight bag for up to six months!
- 5** Enjoy!