Slow Cooked Chili Lime Chicken Tacos

Ingredients:

2 pounds skinless chicken breasts
2 cups chicken broth
2 cloves garlic minced
1 tablespoon chipotle sauce
2 teaspoons paprika
1 teaspoon oregano
1/4 cup lime juice
1 (4 ounce) can diced green chilies
Organic white, blue corn, whole wheat, or flour torti
Sides: cilantro, avocado slices, sliced jalapenos

Nutrition Facts

Serving Size (300g)
Servings Per Container 6

Amount Per Serving

Calories 230	Calories from Fat 60
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 85mg	**28%**
Sodium 430mg	**18%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 2g	**8%**
Sugars 1g	
Protein 37g	

Vitamin A 10% • Vitamin C 30%
Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Combine ingredients excluding cilantro and avocado into a slow cooker.
2. Cover and cook on high for 4-6 hours.
3. When done cooking, shred the chicken with two forks and serve atop tortillas, or a bed of greens.
4. For added flavor and color, top tacos with cilantro, avocado slices and jalapeños.

For more information, please contact:
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Source: Dr.SearsWellnessInstitute.org