



Ingredients

- ✓ Extra virgin olive oil
- ✓ 1 pound chicken or protein of your choice
- ✓ Salt and pepper to taste
- ✓ 1/2 cup water
- ✓ 1/4 cup orange juice
- ✓ 2 tablespoons lime juice
- ✓ 1/2 onion, diced
- ✓ 1 can Rotel tomatoes with green chiles
- ✓ 1 can green chiles
- ✓ 1 teaspoon cumin
- ✓ 1 teaspoon Chipotle chili powder
- ✓ 1 teaspoon taco seasoning
- ✓ 1/4 teaspoon red pepper flakes

Shredded Chicken Tacos

I mean, is there ever a time when tacos aren't comfort food? This recipe has some of the same elements as my [carnitas recipe](#), but it's bigger, fresher, and even easier to throw the ingredients in a pot and let them cook for hours. The best part? It works with any protein you like: chicken, pork, or beef. It's also easy to double.

Directions

1. Heat oil in dutch oven or slow cooker.
2. Add chicken, season well with salt and pepper.
3. Add water, orange juice, lime juice, Rotel tomatoes, green chiles, and seasonings.
4. Cook on low heat for several hours. Deglaze pan occasionally to get true depth of flavor.
5. Thirty minutes before serving, shred the chicken with two forks.
6. Stir with the juices and allow to simmer on low for another 30 minutes.

Note: This meat can be used for tacos, enchiladas, burritos, tostadas, or over a bowl of rice with a few thin slices of sweet peppers and red onion.

As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com/Recipes. Want a wine to go with your recipe? Check out J.T.'s wine blog at TheWineVixen.com.