

centerpiece

SLOW COOKED CHICKEN TACOS

3 tablespoons cumin
3 tablespoons chili
1 teaspoons cayenne
1/2 teaspoon oregano
1 teaspoon salt
1/2 teaspoon pepper
4 cloves of minced garlic
1 onion, chopped
1 large yellow pepper, cored, seeded and sliced into strips
2 cans crushed tomatoes
4 chicken breasts
a splash of olive oil

corn tortillas, romaine lettuce, cilantro, cheese, sour cream, salsa for serving

Add a dash of oil to the bottom of the slow cooker and then add the peppers, onions and garlic.

Mix cumin, chili, cayenne, oregano, salt and pepper in a small bowl. Coat chicken with spice mixture and add to the slow cooker. Pour the crushed tomatoes over the chicken.

Turn slow cooker on and cook on low for 6-8 hours or on high for 4-5 hours.

When chicken is cooked it will shred easily. Shred with two forks in the crockpot. Serve in corn tortilla with your fav garnishes.