

KETO SLOW COOKER SHREDDED CHICKEN TACOS

yield: **10 SERVINGS**

prep time: **10 MINUTES**

cook time: **3 HOURS**

total time: **3 HOURS 10 MINUTES**

Brilliantly seasoned shredded chicken to build keto tacos or any other low carb meal with!

INGREDIENTS

- 2 pounds raw chicken breasts
- 2 tablespoons homemade taco seasoning (recipe [HERE](#))
- 1 tablespoon dried minced onion
- 1 tablespoon dried parsley
- 1 teaspoon garlic powder
- 2 teaspoons dried dill weed
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 fresh jalapeno, seeded and diced
- juice from one lime
- 1 cup chicken broth
- 1 can Rotel tomatoes & chilies
- Shredded cheddar cheese for taco shells (1/2 cup per shell)
- any desired keto friendly toppings for serving

DIRECTIONS

- 1 Place chicken breasts in slow cooker along with seasonings, chicken broth, jalapeno, and the juice of one lime.
- 2 Close the slow cooker lid, and cook on LOW for 3-4 hours or HIGH for 2-3 hours.
- 3 Remove the chicken, shred, and remove most of the liquid. Return chicken to the slow cooker. Stir in a can of Rotel, drained. Serve shredded chicken in tacos as desired. *Note: This made about 5 cups of shredded chicken mixture.*

NUTRITIONAL INFORMATION

Yield: 5 cups shredded chicken, Serving Size: 1/2 cup shredded chicken

Amount Per Serving: Calories: 121, Total Carbohydrates: 3g, Fiber: 1g, Net Carbohydrates: 2g, Total Fat: 1g, Protein: 22g

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