



Clean Pulled Chicken Tacos

For the chicken:

1. 3 chicken breasts
2. 3 garlic cloves smashed
3. 2 cups chicken broth
4. 1 orange
5. 1 lime
6. 1 lemon
7. 2 tsp cumin
8. 1 jalapeno cut into rings (seeded and de-veined if you want less heat)
9. Salt and pepper to taste
10. Red pepper flake(optional)

Taco fixin's

1. Soft or hard corn taco shells
2. Avocado
3. Green onion
4. Salsa
5. Shredded lettuce
6. Fresh tomato
7. Greek yogurt (use as sour cream)
8. Black beans (optional)
9. Fresh cilantro

-For this recipe you can use a slow cooker, a Dutch-oven or casserole with a lid. If using a Dutch-oven or casserole, preheat oven to 350 degrees.

-In your Dutch-oven or slow cooker, juice all citrus and place remaining fruit pieces in the pot. Add the garlic, salt, pepper, and jalapeno.

-Place chicken breasts in pot and cover $\frac{3}{4}$ of the way with chicken broth (depending on your pot you may need more or less broth). Sprinkle in the cumin and red pepper flake, to taste, if you are using.

-If using Dutch-oven or Casserole, place in oven, covered, for 1 hour.

-If using slow cooker cook on medium for 3 to 4 hours.

- Once chicken is cooked through, remove chicken from pot reserving liquid. Let the chicken rest for 10 minutes. Once the chicken is slightly cooled, use 2 big forks to shred the chicken.

- Place the chicken back in the pot of warm liquid and let the chicken absorb the juices for 20 minutes. At this point the chicken can be used or stored in a container, with juice and refrigerated to be eaten later.

- Before serving, chop fresh cilantro and slowly warm chicken and juice over the stove.

- When chicken is warm serve with the "Taco Fixin's" listed previously.