

#LetsCook30

SIMPLE SLOW COOKER SHREDDED CHICKEN

Servings: 16

Ready in about: 4-6 hours

4 lbs	boneless, skinless chicken thighs
2 medium	onions, peeled and halved lengthwise with root intact
1 small head	garlic, unpeeled and halved crosswise
4 cups	chicken broth*, low sodium
1 tbsp	course or kosher salt
1 tsp	freshly ground pepper

Nutrition Tip

To reduce the salt in this recipe, we used reduced sodium chicken broth.

INSTRUCTIONS:

1. In a 6 quart or larger slow cooker, toss together the chicken, onions, garlic, broth, salt and pepper. Cover and cook until the chicken shreds easily when pierced with a fork, about 4 hours on high or 6 hours on low.
2. Remove the chicken from the liquid and shred with two forks; taste and season with salt and pepper, if needed.
3. Strain the broth through a fine mesh sieve into a medium bowl; discard the solids. Store chicken and broth (together or separately) in a fridge for 3 days or in a freezer for up to 6 months.

* can use 1 – 900 mL tetrapack

Source: Cook90 The 30-Day Plan for Fast, Healthier, Happier Meals. David Tamarkin and the Editors of epicurious. 2018.

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