

# Crock Pot Shredded Chicken Chile Colorado Tacos

Prep Time: 10 minutes  
Cook Time: 3 hours  
Total Time: 3 hours, 10 minutes

Yield: Serves 3 to 4

## Ingredients

- 1 pound boneless skinless chicken breasts
- 2 cups [Chile Colorado Sauce](#)

### For Serving:

- Corn tortillas
- Cooked quinoa or brown rice
- [Guacamole](#)
- Red onion, chopped

## Instructions

### Prepare the Shredded Chicken:

1. Add half of the chile colorado sauce to the bottom of your crock pot. Add the boneless skinless chicken breasts and cover with remaining sauce. Secure the lid and cook on low for 3 to 5 hours (or high for 2 to 3).
2. Remove chicken breasts from the crock pot and place on a cutting board. Use two forks to shred the chicken. Place shredded chicken back in the crock pot for at least 15 minutes to allow it to absorb more sauce. Test the chicken for flavor - add sea salt if desired.

### Prepare the Tacos:

3. Heat the corn tortillas on a skillet over medium-high heat until crispy (you can also heat them in the microwave or oven).
4. Load up tortillas with desired amount of shredded chicken chile colorado (use the remaining sauce in the crock pot for drizzling), cooked quinoa or rice, your favorite guacamole, and chopped onion.
5. Put on your taco bib and go to town!

## Notes

You can make a large batch of chicken by using 2 pounds of boneless chicken breasts and 4 cups of chile colorado sauce

<http://www.theroastedroot.net/crock-pot-shredded-chicken-chile-colorado-tacos/>