

## SHREDDED CHICKEN TACOS & MEXICAN RICE

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- In a large slow cooker, add:
  - **2 cups chicken broth**
  - **6 chicken breasts**
  - **1 14.5 ounce can diced tomatoes with green chilies**
  - **2 Tablespoons chili powder**
  - **2 Tablespoons ground cumin**
- Cook on low for 4.5 hours, or until chicken is just cooked through and tender, stirring halfway through cooking to distribute liquid and seasoning
- Remove chicken from slow cooker to a large cutting board
- Remove 2 cups of the liquid from the slow cooker and set aside to use as the liquid for making Mexican rice
- Leave remaining liquid in the slow cooker
- Shred the chicken breasts
- Place shredded chicken back in the slow cooker
- Stir to coat with the liquid
- Cover and cook on low one hour
- **TO MAKE THE MEXICAN RICE:**
  - In a medium pot, add:
    - **1 1/2 cups rice** (I use brown rice)
    - **The 2 cups liquid reserved from the slow cooker**
    - **1 additional cup water**
    - **1 Tablespoon butter** (this keeps my rice from bubbling over as it simmers)
  - Bring to a boil, stir, then cover and reduce heat to low and simmer for 30 - 40 minutes or until liquid is absorbed and rice is tender
  - Add 1/2 cup frozen peas or peas/carrot mix in the last 5 minutes of cooking, if desired
  - Season with salt and pepper as needed
- Spoon the shredded chicken with a slotted spoon onto tortillas with a variety of toppings and alongside the rice



STORAGE TIPS ON THE NEXT PAGE!

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### STORAGE TIPS

- When storing the leftovers in the refrigerator or the freezer, include the remaining liquid from the slow cooker. It helps keep the chicken moist and delicious.
- When freezing, divide into the appropriate size for your family. Since we don't have the kids during the week, I often freeze some to serve 2 (Hubby and me) and some to feed 4 (when the girls are with us).
- Place in the refrigerator the night before a day when you know you need a quick meal. It will thaw in the refrigerator and be ready to reheat in the microwave when you get home.
- If you freeze the servings in oven-proof containers (such as foil containers), you can pop it straight from the freezer to the oven to reheat. I use plastic containers, so I don't use this method, but it would work well. Keep the container covered and the liquid that was packed with the chicken will keep the chicken moist while reheating in the oven. I would suggest 350 degrees. The time will depend on the amount you're reheating. I would allow for 30-45 minutes.
- **TORTILLAS can be stored in the freezer** as well! I buy both corn and flour tortillas in bulk, then divide into freezer bags. Because of the size of my family and our usual serving size per meal, I divide the tortillas into groups of 10, leaving us a few extra per package for a quick breakfast taco or quesadilla for lunch. Tortillas thaw quickly either in the refrigerator, on the counter, or in the microwave. If using the microwave, be sure to only thaw for the least amount of time possible and not until they're hot. Pull them out and wrap in a damp paper towel and then microwave to complete heating them. The damp towel helps keep them moist instead of dry and chewy. I have a gas stove, so I just turn a burner on medium-low and plop each tortilla on top of the burner for a few seconds, then turn to warm the other side for a few seconds, and serve.
- **CHEESE can be stored in the freezer** too! I buy 8-cup packages of shredded cheddar, Mozzarella, and Monterrey Jack cheeses. I divide them by 1-cup per freezer bag, then freeze. Whenever I need 1 or 2 cups for a recipe, I just pull out what I need from the freezer. For casseroles, the cheese can be added straight from the freezer before baking. For something like tacos, it can be pulled out only 15 or 20 minutes early and it'll be thawed enough to sprinkle on top of a hot taco.



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