

Slow Cooker Chicken Tinga Tacos

Yield: 10 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-chicken-tinga-recipe-slow-cooker>

Ingredients:

- 3 pounds boneless skinless chicken breasts cut into 2 to 3-inch pieces
- 1/4 cup Mazola Corn Oil
- 3 cups chopped onion roughly
- 5 plum tomatoes cored and chopped
- 3 chipotle peppers in adobo sauce individual, finely chopped, from 7-ounce can*
- 2 teaspoons Spice Islands Minced Garlic
- 1 1/4 cups chicken broth

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 85 milligrams
4. Fat: 10 grams
5. Fiber: 1 grams
6. Protein: 30 grams
7. SaturatedFat: 2 grams
8. Sodium: 170 milligrams
9. Sugar: 3 grams

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