

Braised Chicken - Slow Cooker

- 1 pound boneless, skinless chicken thighs
- Salt and pepper to taste
- 1 small onion, medium dice
- 1 cup chicken broth
- 2 cups salsa
- 2 tsp. each cumin, chili powder (ancho is good), and garlic powder
- 2 Tbs. canola oil for sautéing chicken



A Taste-Full Blog

METHOD

1. Preheat a large, empty sauté pan over high heat; allow pan to heat up for about 2 minutes – if you sprinkle a bit of water on the surface, the water should dance in little beads on the pan and dissolve immediately
2. Season the chicken with salt and pepper on both sides; add the oil to the pan and swirl it around to coat surface; add chicken and allow to brown thoroughly; after about 2 -3 minutes, try to lift chicken from pan – if it sticks, wait another 30 seconds before trying again, then gently lift and turn the chicken to brown the second side
3. Turn your slow cooker on – they all differ a bit, but to start, put it on the highest setting
4. Transfer the chicken to the slow cooker and cover
5. add the diced onion to the sauté pan and cook over medium high heat until golden and caramelized, about 5 minutes
6. Add the cumin, chili powder, and garlic powder to the onion and sauté briefly to bring out the flavors in the spices
7. Add the salsa to the sauté pan and bring to a simmer, scraping the pan to remove any browned bits from the onion and chicken
8. Pour the onion and salsa mixture into the slow cooker with the chicken; distribute the ingredients evenly and add the chicken stock. You may not need the entire two cups – the liquid should just come about $\frac{3}{4}$ of the way up the chicken
9. Cover the slow cooker and lower heat to low or medium, depending on your cooker; allow chicken to simmer very gently for about 3 hours, or until chicken is fall-apart tender
10. Using two forks, shred chicken and mix well with the cooking liquid
11. Serve with tortillas, lettuce, and guacamole