

Slow Cooker Tomatillo Chicken

INGREDIENTS:

- 1 ½ lbs. tomatillos
- 1 medium red onion, sliced
- 2 ½ lbs. boneless skinless chicken breasts
- 4 cloves garlic, minced
- 1 jalapeno pepper, minced
- 1 ½ cups chicken broth
- 1 tsp. sea salt
- ½ tsp. freshly ground black pepper
- 1 large handful cilantro, chopped, for garnish

PROCESS:

- Remove and discard the husks from the tomatillos, wash the tomatillos, and cut them in half.
- Line the bottom of a slow cooker with the red onion slices. Place the chicken breasts on top and then add the tomatillos, garlic, jalapeno, chicken broth, salt, and pepper.
- Cook on low for 8 hours. Remove the chicken and shred in a bowl. Use an immersion blender to blend the contents of the slow cooker into a sauce.
- Place the shredded chicken on a plate and pour the sauce on top of the chicken. Serve with chopped cilantro on top.

ENJOY!

from: The Paleo Kitchen by Julie Bauer and George Bryant