



Shredded Mexican Chicken



INGREDIENTS

- 1 Organic Red Pepper, deseeded and sliced
- 1 Organic Onion, sliced into rings
- 2 lbs. Boneless Organic Chicken Thighs, trimmed
- 2-3 Boneless Organic or free-range Chicken Breasts, trimmed and cut in half

SAUCE TO POUR OVER CHICKEN:

- 4 Tablespoons Apple cider vinegar
- 2 (14.5 oz) Organic Diced Tomatoes (preferably No Salt)
- 4 Tablespoons Organic Tomato Paste
- 2 Tablespoons Dijon Mustard
- 2 teaspoons Onion Powder
- 1 teaspoon each cumin, chili, garlic, oregano
- 1 tablespoon coriander
- 2 tablespoons hot sauce

DIRECTIONS

1. Preheat the oven to 275 degrees
2. Layer the onions and peppers in the bottom of a glass 9 x 13 dish and place the chicken on top.
3. In a medium saucepan add all the ingredients for the sauce and bring to a boil. Stir and remove.
4. Carefully pour it over the chicken and cover first with parchment paper then aluminum foil. (The parchment paper keeps the tomato sauce from reacting with the aluminum)
5. Place the dish in the oven on the middle rack and bake for 2 hours 45 minutes.
6. The chicken will absolutely fall apart at this point. Shred and set aside.
7. Drain some of the extra liquid from the dish and return the chicken to the pan.
8. Refrigerate for a later use or use immediately.
9. Use organic Romaine lettuce leaves to roll the shredded meat.