

Slow Cooker Salsa Verde Pulled Chicken

(Whole 30 & Paleo)

Shopping List:

For the pulled chicken

- 1 to 1.5 lbs boneless skinless chicken breast
- 16 oz green salsa
- 1 tsp cumin
- 1 tbsp chili powder
- 2 tsp minced garlic
- 1 tsp sea salt

For the tortillas

- 2 eggs, whisked
- 1 cup coconut milk or unsweetened almond milk
- 1 tbsp olive oil
- 3/4 cup arrowroot flour (or tapioca flour)
- 3 tbsp coconut flour
- 1/4 tsp sea salt

Directions:

For the salsa verde pulled chicken: Place all the pulled chicken ingredients in your slow cooker. Mix the seasons and salsa together and spoon it over the chicken. Cover the slow cooker with the lid and cook on low for about 4 to 6 hours until fork tender. I like to place a piece of foil underneath the lid to help trap in the moisture.

When the chicken is cooked through, shred the chicken using two forks.

For the tortillas: Mix all the dry ingredients together in a bowl. In a separate bowl mix all the wet ingredients together and then add to the dry ingredients stirring thoroughly. I used a hand mixer.

Add a little olive oil or coconut oil to a non-stick pan over medium heat. Add 1/3 cup of the batter to the pan creating a 6-inch tortilla. Cook it for a few minutes on each side until it begins to brown a little bit. When they're done place them on a paper towel to absorb any moisture until you eat them. The batter will make six 6" tortillas.