

Mexican Pulled Chicken



3 Ingredients, 8 serves, 127 Minutes Total Time

1 kilogram chicken (boneless breast - fresh or frozen)
2 cups low chemical stock/ broth
2 tablespoons oil* (or fat of choice)

Instructions (Roast):

- In the morning, place all of the ingredients (including the 1/4 cup taco seasoning) into your slow cooker. The chicken can be fresh or just pop it in frozen!
- Leave to cook on low for the day, about 6 hours.
- When the chicken is cooked and falls apart easily, use a fork to shred it right in the slow cooker.
- Serve!

Instructions (Seasoning)

You will need 1/4 cup taco seasoning for this recipe. If you do not have a suitable one, here is one you can make yourself.

Taco Seasoning

2 T chilli powder
5 tsp sweet paprika
4 tsp ground cumin
1 T onion powder (OMIT FOR SIBO)
2 tsp sea salt
2.5 tsp garlic powder (OMIT FOR SIBO)
1/8 tsp cayenne pepper

Combine all spices and store in an airtight container for up to a year.

Warnings

****LOW CHEMICAL STOCK/ BROTH:** For low amine/ low histamine diet do not use store bought stock. Make your own, simmered for < 2 hours & used immediately or SUBSTITUTE water. FODMAPs & SIBO diets make your own with no garlic or onion content & no chicken frames for SIBO

****OIL*:** SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed

Nutritional Information (per serving)

Calories	172
Total Fat	6g
Saturated Fat	1g
Cholesterol	81mg
Sodium	329mg
Total Carbohydrate	1g
Dietary Fibre	--
Sugars	--
Protein	25g
Calcium	13mg
Iron	1mg
Magnesium	29mg
Phosphorus	248mg
Potassium	298mg
Vitamin C	--
Thiamine	--
Riboflavin	--
Vitamin B6	1mg
Vitamin E	1mg