

# Tequila Lime Chicken for Tacos

*This recipe makes approximately 3 cups of shredded chicken*



## Ingredients

- ½ cup tequila
- ¼ cup lime juice (fresh is best)
- 2 cloves garlic, minced
- 2 jalapenos, trimmed and minced
- Salt and Pepper to taste
- 1 lb chicken breasts roughly chopped

## Directions:

1. In a bowl, whisk together tequila, lime juice, garlic, jalapeños, salt, and pepper.
2. Add the chopped chicken breasts to the marinade, stir to coat, and let sit for at least 30 minutes (or up to 2 hours in the fridge for deeper flavor).
3. Transfer everything (chicken and marinade) into the Instant Pot.
4. Seal the lid and cook on High Pressure for 10 minutes. Allow for 5 minutes of natural release, then quick release any remaining pressure.
5. Transfer the cooked chicken to a stand mixer bowl (or use a hand mixer) and shred on low speed until finely pulled. Add a few spoonfuls of the cooking liquid to moisten, and add more flavor, if desired.
6. Allow the chicken to cool completely.
7. Add parchment paper to your trays. And spread chicken across 1 tray using dividers in the 4 portion configuration, freeze until frozen solid.
8. Freeze dry (my cycle time was 24 hours)

## Rehydration:

Add ¼ to ½ cup of hot water to 1 serving of chicken, stir and make sure all chicken is covered by the water. Let sit for 5-10 minutes. Check to see if fully rehydrated, let stand longer or add more water if needed.

## Notes:

This recipe makes 4 servings of shredded Tequila Lime Chicken.

Serve the shredded tequila lime chicken in warm corn or flour tortillas, then top with shredded cabbage or lettuce, avocado slices, fresh cilantro, and a squeeze of lime. For extra flavor, add a drizzle of chipotle crema or a dollop of sour cream.

## Nutritional Value Per 1 serving

Calories: 190 Protein: 29 g Fat: 3.5 g Carbohydrates: 2.5 g Sugar: 0.5 g Fiber: 0.6 g