



Chicken Tacos

from the kitchen of Jennifer Zeigler • Local Shortcuts

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Ingredients:

3 lbs. chicken legs (about 8)

1 medium onion, halved and sliced

2 tsp. ground cumin

2 tsp. dried oregano

½ tsp. salt

½ tsp. ground pepper

1 hot pepper, seeded and minced

2 garlic cloves, minced

1 medium tomato, chopped

¼ cup chicken stock

Preparation:

Place chicken in the bottom of a crockpot. Layer onion, spices, hot pepper and garlic on top of chicken. Add tomato. Pour stock over everything.

Cook on high for four to six hours. Using two forks, pull chicken off bones and shred, discarding bones. Serve with warm corn tortillas, shredded lettuce, chopped tomato, shredded cheese, salsa and sour cream.