

Easy Shredded Mexican Chicken

Quick and easy this tender, flavorful shredded Mexican style chicken comes together in 30 minutes! Thanks to using a cooking method that includes searing and poaching this chicken is moist and tender. All seasoned with a blend of spices and herbs that make this chicken perfect for loading into tacos, burritos or using on nachos.



★★★★★

5 from 102 votes

Prep Time	Cook Time	Total Time
5 mins	25 mins	30 mins

Course: chicken Cuisine: Tex Mex Servings: 8 Calories: 151kcal Author: [Serene](#)

Equipment

- [large skillet](#)
- [instant read thermometer](#)

Ingredients

- 2 teaspoon [chili powder](#) TRY LESS CP
ONE PART CP,
- 1/2 teaspoon paprika CUMIN,
PAPRIKA
- 1½ teaspoon [salt](#)
- 1 teaspoon [garlic powder](#)
- 1 teaspoon [onion powder](#)
- 1/2 teaspoon [cumin](#)
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon [dried oregano](#)
- 1 tablespoon extra virgin olive oil
- 2 pounds chicken breasts or thighs
- 1 cup chicken broth

Instructions

1. In a small bowl combine all of the ingredients to make the chicken taco seasoning. Stir to combine.
2. Coat the chicken on both sides with the chicken taco seasoning.
3. Drizzle the olive oil and heat in a large skillet over medium heat.
4. Add the chicken and let it cook for about 2-3 minutes on each side. Pour in the chicken stock. Cover the skillet and let the chicken cook in the broth for about 15-20 minutes, until the chicken registers 165 degrees internally and is cooked through.

5. Remove the chicken from the skillet, shred using a fork, then return to the skillet. Stir to coat the chicken in the remaining sauce in the skillet. Let sit and keep warm on low heat for about 3-5 minutes, to get good flavor throughout the chicken.

Notes

- **Chicken:** this recipe can be made using breasts or thighs. Just be sure to use boneless, skinless since it will be shredded.
- **Chicken broth:** this is used for poaching the chicken, if you don't have any broth on hand you can use water.
- **Oil:** extra virgin olive oil or avocado oil are great options.
- **Storage:** store in a sealed container in the refrigerator for 3-4 days or in the freezer for up to 2 months.

Nutrition

Serving: 1 | Calories: 151kcal | Carbohydrates: 1g | Protein: 24g | Fat: 5g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Trans Fat: 1g | Cholesterol: 73mg | Sodium: 684mg | Potassium: 467mg | Fiber: 1g | Sugar: 1g | Vitamin A: 247IU | Vitamin C: 3mg | Calcium: 13mg | Iron: 1mg