



Crockpot Chicken Tacos

These Shredded Chicken Tacos are super simple, quick and full of flavor. There's nothing "Keto" about them except for how you serve it - which makes it the perfect family dinner! We usually serve these over shredded lettuce or with mini peppers for us and low carb tortillas for the kids.

Recipe:

1.5 to 2lbs chicken
8oz Cream Cheese
1 Jar Salsa

Crockpot on high 4-5 hours Shred and serve
Toppings : Guac, more cheese

Serve over/with: low carb tortillas, pork rinds, sweet peppers

The Keto Dad Tips:

- Cook on high for 4-5 hours or on low for 8 hours
- Prep and freeze for another time (up to 3 months)
- Use a fork or a hand mixer to shred the chicken
- There are so many ways to serve this! With Quest chips, mini peppers, green peppers, in a lettuce wrap...which would you choose?!



Serves 6

Macros based on 2 lbs of Chicken Breast

Macros: Calories: 417, Fat: 19g, Carbs: 8g, Fiber: 0, Protein: 51g

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