



cara price

CREAMY SOUTHWESTERN CHICKEN TACOS

INGREDIENTS

- 2.5 - 3 pounds chicken thighs, boneless & skinless
- 1 yellow onion, diced
- 1 cup mild salsa, store bought
- 1 - 4 ounce can mild green chilis
- 1/2 cup raw cashews
- 1/2 cup water
- 1/4 cup taco seasoning
- 1/4 cup green onions, chopped
- 2 tablespoons olive oil
- 1 teaspoon apple cider vinegar
- 1 teaspoon lime juice
- 1/4 teaspoon dried dill
- 1/4 teaspoon dried parsley
- 1/8 teaspoon garlic powder
- 1/8 teaspoon salt

DIRECTIONS

place the cashews in a small bowl & cover with warm water. set aside.

cut the chicken thighs into cubes and place in a crockpot.

heat the olive oil in a skillet & sauté the onions until they are a golden brown color.

in a medium size bowl, combine the sautéed onion, salsa, green chilis (undrained) & the taco seasoning. pour over the top of the chicken.

cook on high for 5 hours.

right before the 5 hours is complete, drain the cashews & place them in a high speed blender. add in the water, apple cider vinegar, lime juice, dried dill, dried parsley, garlic powder, salt & green onions. blend on high until smooth.

mix the cashew cream into the crockpot & continue cooking another 30 minutes.

shred the chicken with two forks & serve in paleo wraps or other grain free tortillas.