

Chicken Ropa Vieja

PREP TIME:
15 mins

COOK TIME:
4 hrs 30 mins

TOTAL TIME:
4 hrs 45 mins

COURSE: Dinner

CUISINE: Mexican

This Cuban inspired dish is made with shredded chicken breast cooked in the crock pot, then sauteed with bell peppers, onions, cumin and lots of Latin flavor!

Ingredients

For the Slow Cooker:

- 3 boneless skinless chicken breasts (or boneless thighs (24 oz total))
- 1/2 green bell pepper (sliced)
- 1 tomato (quartered)
- 1 carrot (peeled and chopped)
- 5 cloves garlic (peeled and minced, divided)
- 3 bay leaves
- kosher salt

To finish:

- 1 tbsp olive oil
- 1 small onion (sliced long)
- 1 small green bell pepper (seeded and thinly sliced)
- 1 small red bell pepper (seeded and thinly sliced)
- 1 tbsp tomato paste
- 1/4 cup dry white wine (or chicken broth)
- 1/2 cup tomato sauce
- 2 tbsp Spanish green olives (optional)
- 1 tsp cumin
- 1/4 tsp garlic powder
- 1/2 tsp kosher salt (plus more to taste)
- black pepper to taste
- chopped cilantro (for garnish)

Instructions

1. Place chicken, bell pepper, tomatoes, carrots, and half of garlic into the slow cooker. Add just enough chicken broth to cover the chicken and vegetables and add the bay leaves. Cook high for 4 hours, or low 6 to 8 hours, until the chicken is tender.
2. When done, remove chicken and shred with two forks; set aside. Discard vegetables and reserve the broth for later.
3. In a large deep skillet, heat the olive oil over medium heat. Add the remaining garlic, sliced onions, green peppers, and red peppers. Cook about 3 to 4 minutes, or until soft.
4. Stir in the tomato paste and wine, let it cook 2 to 3 minutes then add the cooked chicken, tomato sauce, and about 3/4 cup of the reserved broth to create a sauce. Season with cumin, garlic powder, salt, and pepper.
5. Cover and simmer on low for about 8 to 10 minutes, adding more broth and seasoning if needed. Makes 4 cups.

Serving: 2/3 cup, Calories: 184.5kcal, Carbohydrates: 6g, Protein: 24.5g, Fat: 6g, Cholesterol: 61mg, Sodium: 149mg, Fiber: 1g, Sugar: 1.5g

Blue Smart Points: 1 Green Smart Points: 3 Purple Smart Points: 1 Points +: 4



YIELD: 6 servings



5 from 2 votes

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