

BBQ Chicken Tacos - Slow Cooker Style with Tangy Slaw

Perfect for summer dinners, meal prep, game day, or Taco Tuesday with a twist.



METHOD

Slow cooker

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ChefManiac

INGREDIENTS

For the Chicken:

- $\frac{1}{2}$ large red onion, thinly sliced
- 3 cloves garlic, minced
- 2 Tbsp tomato paste
- 2 tsp chili powder
- 1 tsp onion powder
- 2 tsp kosher salt
- $\frac{1}{8}$ tsp black pepper
- 1 cup low-sodium chicken broth
- 8 oz mild green chiles
- 1 cup barbecue sauce, divided
- 2 Tbsp fresh lime juice
- 3 lbs boneless skinless chicken thighs, trimmed

For the Slaw:

- 1 clove garlic, minced
- 2 Tbsp avocado oil mayo
- 1 Tbsp pickled jalapeño brine
- $\frac{1}{2}$ cup chopped pickled jalapeños
- 1 Tbsp fresh lime juice
- $\frac{1}{8}$ tsp kosher salt
- $\frac{1}{4}$ red onion, thinly sliced
- 8 cups green cabbage, very thinly sliced
- 1 small jalapeño, thinly sliced
- $\frac{1}{4}$ cup chopped cilantro

For Assembly:

16 cassava flour or corn tortillas, warmed
1 cup sharp cheddar cheese, grated (optional)

DIRECTIONS

1. **Slow Cook the Chicken:** Add onion, garlic, tomato paste, chili powder, onion powder, salt, pepper, broth, green chiles, and $\frac{1}{2}$ cup of BBQ sauce to the slow cooker. Nestle in the chicken thighs, cover, and cook:
2. 4 hours on high
3. 6-8 hours on low
4. Once cooked, remove chicken to a bowl, shred with two forks, and stir in the remaining BBQ sauce. Add extra cooking liquid if needed to keep it moist.
5. **Make the Slaw:** Whisk garlic, mayo, jalapeño brine, lime juice, salt, and pepper in a large bowl. Add red onion, cabbage, jalapeños, and cilantro. Toss well with tongs and chill until ready to serve.
6. **Warm the Tortillas:** Heat tortillas in a dry skillet or wrapped in foil in a low oven. Keep warm with a towel.
7. **Build Your Tacos:** Fill each tortilla with BBQ chicken, top with slaw, and sprinkle with shredded cheddar (if using). Serve warm with lime wedges on the side.

TIPS FOR SUCCESS

Use chicken thighs for maximum juiciness-they won't dry out in the slow cooker.

Make the slaw in advance -it tastes better as it sits and stays crisp for days.

Don't skip the brine -pickle juice is the secret to zippy slaw flavor.

Add extra sliced jalapeños or a drizzle of hot sauce.

