

Slow Cooker Chicken Carnitas

Prep Time 15 mins
Total Time 4 hrs
Meal Type Breakfast,Lunch,Dinner,Snack,Side
Contributed By LivingPlateRx

Source [Living Plate Teaching Kitchen](#)

Servings 4



Ingredients

lb,c g,ml

- 2 tsp chili powder
- 1 tsp oregano, dried
- 2 tsp cumin, ground
- 1/2 tsp coriander, dried
- 1/2 tsp paprika, smoked
- 2 1/2 Tbs olive oil
- 3/4 cup red onion, *chopped*
- 4 cloves garlic, *chopped*
- 1 Tbs jalapeño pepper, *chopped* (canned chilis)
- 1 lime, *juiced*
- 1 orange, seedless, *sliced*
- 2 lb chicken thighs, skinless and boneless
- 1 1/2 Tbs soy sauce
- 1 Tbs maple syrup
- 8 tortillas
- 1/4 cup cilantro, *chopped*
- 1 lime, *cut into wedges*

Directions

Prep

1. Whisk together chili powder, oregano, cumin, coriander, and paprika. Set aside.
2. Chop onion, garlic, and jalapeño pepper.
3. Slice orange.

Make

1. Rub all sides of chicken thighs with spice mixture. Place in a slow cooker and drizzle with olive oil. * See notes about Instant Pot version
2. Top chicken with 1/2 cup of onions [reserve 1/4 cup for serving], garlic, jalapeño, and orange slices. Drizzle with soy sauce and maple syrup.
3. Cover and cook on high setting for 4 hours, or on low setting 8 hours.
4. When cooked, the chicken should easily shred. Use two forks to pull apart chicken in the slow cooker. Let the meat sit in juices until ready to serve.
5. Serve in warm tortillas topped with onions, cilantro, and lime wedges.

Notes

*INSTANT POT VERSION: Add liquids to the bottom of the pot before adding chicken. Instead of using orange slices, juice the orange and whisk with other liquids. This will prevent burning.

Source: Nutrient data for this listing was provided by USDA Food Composition Database.
Each "--" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories 513 per serving	Total Fat 24.5g		37%	Total Carbohydrates 39g	13%
	Saturated Fat 5.5g		27%	Dietary Fiber 7g	28%
	Trans Fat 0.0g			Total Sugars 6g	
	Cholesterol 180mg		60%	Protein 40g	
	Sodium 387mg		16%		
Vitamin D 0mcg 0% · Calcium 101mg 10% · Iron 2mg 9% · Potassium 325mg 6%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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