



Honey-Chipotle Chicken Tacos/Bowls

September 21, 2023

The easiest way to get dinner on the table is by using your trusty electric pressure cooker (or slow cooker!). Smoky canned chipotle peppers are the backbone of this recipe while the honey both tames the spice and creates a glossy sticky sauce. Wrap the filling in tortillas for an instant taco party, or make "burrito bowls" so diners can choose their own toppings. Pickled red onions and sliced avocado is a fab combo, but go wild. Guacamole is never extra in this house!

Serves 4-6

Ingredients:

- 1 ½ - 2 pounds boneless, skinless chicken thighs
- 3 tablespoons chopped chipotles in adobo (or 2 whole chilies, chopped, plus 2 tablespoons of adobo sauce)
- 3 tablespoons honey
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon kosher salt
- 1 teaspoon ground cumin
- 1 (15oz) can of black beans, drained and rinsed
- 1 ½ cups frozen or fresh corn kernels (optional)
- 1 lime, juiced
- 3 tablespoons chopped fresh cilantro
- Warm tortillas, for serving
- Pickled red onions, for serving
- Fajita vegetables, for serving (optional)
- Sliced avocado or guacamole, for serving (optional)
- Sour cream or Greek Yogurt, for serving (optional)

Method:

1. Combine the chicken, chipotles and adobo sauce, honey, onion powder, garlic powder, salt, and cumin in the pot of an electric pressure cooker and stir. Cover and set valve to sealed position. Cook on high pressure for 13 minutes. Let the pressure release naturally for 5 minutes; then release the remaining pressure manually.
2. Open the lid, and remove the chicken to a cutting board using tongs. When cool enough to handle, shred the chicken with two forks. Meanwhile, add the rinsed black beans and reduce the sauce in the pressure cooker by setting it to the saute setting. Simmer sauce and beans for 5 minutes (on low or medium, depending on your pressure cooker's make/model).
3. Add the shredded chicken back to the pot, and stir to combine. Squeeze lime juice into pot and add corn, if using. Taste for seasoning, and add more salt if necessary. Serve in tortillas with pickled onions or on a bed of rice with toppings.



What's 4 Dinner?

*Notes

- **SLOW COOKER DIRECTIONS:** Combine ingredients in Step 1 of recipe above in a 5-8 quart slow cooker. Stir well. Cook for at least 3 hours and up to 5 on LOW. The dish will hold on warm for up to 3 hours before the chicken starts to dry out. Continue with recipe as written above.
- **FAJITA VEGETABLES:** Heat a cast-iron skillet over medium-high heat until very very hot. Add 1-2 tablespoons of oil and swirl to coat bottom of pan. Add one sliced onion and one sliced bell pepper to the pan and let cook undisturbed until the edges of the vegetables begin to brown. Stir and continue cooking for another 5 minutes or until vegetables are cooked to your desired texture.