MEXICAN · DINNER · LUNCH

Slow Cooker Salsa Verde Chicken

200 min · Serves 6 · 210 kcal a serve · Video 9:19 · Downshiftology

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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36 g protein and about 3 g net carbs a serve, rich in selenium and vitamin B6: chicken breast slow-cooked in a homemade roasted tomatillo, chilli and garlic salsa verde with no added sugar. Paleo as written; at about 780 mg sodium a serve it's over the DASH line, so halve the salt if you watch sodium.

Diet notes: Low carb (3.3 g net carbs) but not keto: 20% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (1.2 g, 5% of the energy).

Ingredients 10 · SERVES 6

- [ ] 10 medium **tomatillos**, husks removed (the salsa verde makes about 590 ml; 470 ml go in, and these amounts count that share)
- [ ] 1–2 **serrano or jalapeño peppers**, halved, seeds out for a milder salsa
- [ ] 4 **garlic** cloves, unpeeled
- [ ] ½ medium **onion**, diced
- [ ] 4 g roughly chopped **cilantro**
- [ ] 1 tsp **kosher salt** (for the salsa)
- [ ] 900 g **boneless**, skinless chicken breasts (about 4)
- [ ] 1 tsp **kosher salt**
- [ ] 1 tsp **ground cumin**
- [ ] 2 tbsp chopped **fresh cilantro**, to garnish

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the broiler (grill) with a rack about 10 cm (4 in) below it. Spread the tomatillos, peppers and unpeeled garlic on a baking sheet. 0:54
2. Broil about 5 minutes, flip everything with tongs, then broil 4–5 minutes more until blistered and a little charred. Cool about 5 minutes. 1:58
3. Stem the peppers and peel the garlic. Pulse them in a food processor with the tomatillos and all their juices, the onion, 80 ml cilantro and 1 tsp salt until smooth but still a little chunky. 2:20
4. Put the chicken breasts in a slow cooker and pour 470 ml of the salsa verde over (keep the rest for dipping). Add 1 tsp salt and the cumin and toss to coat. 3:39
5. Cover and cook about 3 hours on high or 4–5 hours on low, until the chicken falls apart and reaches 74°C. 4:19
6. Lift the chicken onto a board, shred it with two forks, then stir it back into the sauce and scatter with cilantro. 4:29

> **Tip** Store-bought salsa verde works in a pinch, but check the label: it usually carries more salt.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
210 kcal	**36** g	**4.5** g	**1.2** g	**4.6** g	**780** mg
880 kJ	72% of a day	3.3 g net · 2.4 g sugars	4% of a day	1.2 g saturated	34% of a day
		2% of a day		6% of a day	

Energy from net carbs 7% · protein 72% · fat 21% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 58% · Vitamin B6 45%

Source of (10–19%) Vitamin B12 16% · Vitamin C 13% · Zinc 12% · Magnesium 11% · Potassium 10% · Iron 10%

Recipe and video: Downshiftology on YouTube — youtube.com/watch?v=01UAvnLLYbE. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/downshiftology-crockpot-salsa-verde-chicken