



kitchen collage

430 E. LOCUST STREET | DES MOINES, IA 50309 | (515) 270-8202

Slow Cooker Chicken Tostadas with Avocado Crema

Serves 4 - 6

Enjoy these flavorful chicken tostadas with the addition of a rich and creamy avocado crema. They are easily made by slow cooking the chicken, and prepping an array of toppings while the tostada shells bake. Tostadas are perfect for a family-pleasing dinner, or for feeding a gathering of friends!

Chicken Ingredients:

3 pounds boneless, skinless chicken breasts
1 teaspoon ground cumin
1 teaspoon chili powder
1/2 teaspoon paprika
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1 teaspoon Kosher salt
1/2 teaspoon freshly ground black pepper
2 tablespoons olive oil
1 can (7 oz.) diced green chiles

Directions:

1. PLACE the boneless, skinless chicken breasts in the slow cooker.

2. SPRINKLE the ground cumin, chili powder, paprika, onion powder, garlic powder, salt, and pepper evenly over the chicken. Drizzle with olive oil. Add the diced green chiles.

3. COVER the slow cooker and cook on the LOW setting for 6-8 hours, OR on the HIGH setting for 3-4 hours until the chicken is tender and shreds easily with a fork.

4. SHRED the cooked chicken using two forks.

5. PREPARE the avocado crema. In a food processor, combine the ripe avocados, sour cream, chopped cilantro, lime juice, salt, and pepper. Blend until smooth and creamy. Adjust the seasonings to your taste.

6. PREP the tortillas. Preheat the oven to 425°F. Brush both sides of the corn tortillas with olive oil and place on a sheet pan. Bake for about 5 minutes or until they become crisp and lightly browned. Flip each tortilla over and sprinkle with grated cheese and bake for another 2 - 4 minutes, or until the cheese melts.

7. ASSEMBLE the tostadas. Top each tortilla with the shredded chicken. Then, add the toppings of your choice: shredded lettuce, diced tomatoes, jalapeños, and cilantro.

8. DRIZZLE the avocado crema on top and enjoy!

Avocado Crema Ingredients:

2 ripe avocados
1/2 cup sour cream
1/4 cup fresh cilantro, chopped
1 lime, juiced
Salt and pepper to taste

Ingredients for Serving:

12 small corn tortillas
Shredded cheese
Shredded lettuce
Diced tomatoes
Sliced jalapeños, (optional)
Cilantro, as garnish
Avocado Crema