

Barbecue Chipotle Shredded Chicken for Tacos

Tender shredded chicken simmered in smoky, spicy barbecue-chipotle sauce ideal for tacos, lettuce wraps, or bowls.

By Timothy Witcher, Executive Chef, FoodSmart USA • updated June 23, 2025

From the Clifford Brown Jazz Festival / **MobileMusicLab.com** Healthy Choices Demonstration Kitchen

Prep Time: 20 min

Cook Time: 20 min

Serves: 6–8

Ingredients:

- 1 rotisserie chicken, skin removed, meat shredded
- 2 cups barbecue sauce (your favorite)
- 2 cups chicken broth
- 1 cup tomato sauce
- 2 tbsp low-sodium chicken bouillon
- ½ cup avocado oil
- 1 cup garlic cloves, thinly sliced
- 1 cup jalapeños, thinly sliced (seeds and ribs removed)
- 1 cup Spanish onions, medium-diced
- 2 tbsp chipotles, minced
- 1 cup cilantro, chopped
- 2 cups red bell pepper, small-diced
- Salt and pepper, to taste

Instructions

Sauté the Aromatics:

In a large pot over medium heat, add avocado oil, garlic, jalapeños, onions, and bell peppers. Cook for 2 minutes, stirring frequently.

Simmer the Chicken:

Add barbecue sauce, chicken broth, tomato sauce, bouillon, chipotles, and shredded chicken. Stir well and bring to a simmer.

Shred and Cook:

Simmer for 10–20 minutes, continuing to shred the chicken with tongs and fork as it cooks.

Finish:

Stir in chopped cilantro and adjust seasoning with salt and pepper.

Serve:

Serve hot with tortillas, low-carb wraps, or lettuce wraps.

