

30-Minute One-Pot Dinner Recipes

Recipes by Michelle Dudash, RDN, author of [Clean Eating for Busy Families, revised & expanded](#) (Fair Winds Press, 2019).

Shredded Chicken Taco Meat

This chicken taco meat filling is going to become just as important in your house as traditional ground beef tacos. This recipe is so versatile—and only requires one pan! Tuck the chicken into soft whole-grain tortillas or use it to top salads. If you add extra broth and increase the spice measurements, you can eat it like soup. It's pure protein and veggies. To extend the recipe into even more servings, stir in a can of black beans to round out the meal.

2 teaspoons (10 ml) extra-virgin olive oil
1 cup (160 g) diced onion (about 1 small onion)
2 garlic cloves, smashed
1 1/2 pounds (683 g) boneless, skinless chicken thighs, trimmed
1 cup (235 ml) chicken bone broth or reduced-sodium broth
1 (14-ounce, or 397 g) can whole tomatoes with juice
1 teaspoon (3 g) chili powder
1 teaspoon (3 g) cumin
1/4 teaspoon salt
Freshly ground black pepper
Accompaniments: whole-grain tortillas, avocados, lettuce, olives, and cheese

Heat a large skillet on medium heat and add the oil. When the oil is shimmering, add the onions and garlic and sauté until translucent, about 5 minutes, reducing to low heat as needed. Add the chicken and chicken broth. Squeeze tomatoes into the pan with a clean hand, then break them into smaller pieces with a wooden spoon. Pour in the juice. Add chili powder, cumin, salt, and pepper. Gently simmer the chicken until cooked through, about 15 minutes, or simmer it longer to blend the flavors further. Shred the chicken with two forks. Serve with your favorite fixings.

Recipe Note

This recipe tastes even better the next day and freezes well, too.

Total prep and cook time: 30 minutes

Yield: 4 servings, 3/4 cup (150 g) each

Per serving: 265 calories; 12 g total fat; 3 g saturated fat; 30 g protein; 9 g carbohydrate; 2 g dietary fiber; 149 mg cholesterol.