Last Night's Chicken, Tonight's Machaca Transcript

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Welcome back to our kitchen. Last night Welcome back to our kitchen.

Intro and leftover chicken plan

Last night was shredded chicken tacos and with the was shredded chicken tacos and with the leftover shredded chicken today we're leftover shredded chicken today we're going to make machaca. So first of all, going to make machaca. So first of all, let's talk a little bit about um how you let's talk a little bit about um how you made the shredded chicken last night.

made the shredded chicken last night.

Crock-pot shredded chicken basics

>> Um so we do bowls. I call them triple A >> Um so we do bowls. I call them triple A bowls and they use this packet. This bowls and they use this packet. This isn't the right packet but it's the CTE isn't the right packet but it's the CTE brand that looks like this and it says brand that looks like this and it says pork carnitas on it. But on the back you pork carnitas on it. But on the back you can use any kind of meat so we always can use any kind of meat so we always choose to use chicken just because choose to use chicken just because um I like to get it organic. So I put um I like to get it organic. So I put uh at least three packs of organic uh at least three packs of organic chicken thighs chicken thighs >> in a crock pot >> in a crock pot >> in a crock pot. I put two packs of >> in a crock pot.

Seasoning and slow-cooking the chicken

I put two packs of organic chicken breasts cuz both our organic chicken breasts cuz both our boys are home so we needed a lot plus I boys are home so we needed a lot plus I knew we could use it for leftovers so knew we could use it for leftovers so you it's super easy. You just throw the you it's super easy. You just throw the chicken in the crock pot and I just um chicken in the crock pot and I just um put a little bit of put a little bit of Actually, this my little favorite that Actually, this my little favorite that I've talked about before from Trader I've talked about before from Trader Joe's. This thing I season it with that Joe's. This thing I season it with that and then like a cup and a half or so of and then like a cup and a half or so of water. But on the back it will tell you water. But on the back it will tell you on the instructions of the carnita on the instructions of the carnita packet how much water to put in. I put packet how much water to put in. I put it on for 7 and 1/2 to 8 hours, come it on for 7 and 1/2 to 8 hours, come home, you drain a little bit of the the home, you drain a little bit of the the juice and then you drain the rest of it, juice and then you drain the rest of it, shred the chicken and you can pour the shred the chicken and you can pour the juice back on with the carnita packet juice back on with the carnita packet and then there you go. And then we made and then there you go.

Why machaca works for leftovers

And then we made bowls out of that last night. So we had bowls out of that last night. So we had so much left over tonight we're going to so much left over tonight we're going to uh make machaca with it and just our uh make machaca with it and just our leftover rice and we had salsa leftover leftover rice and we had salsa leftover and all those things. So it's really and all those things. So it's really something good that you could make two something good that you could make two nights. Uh another option is to make a nights. Uh another option is to make a chicken salad which I was maybe going to chicken salad which I was maybe going to do that tonight but we just decided to do that tonight but we just decided to do this because we did have the rice and do this because we did have the rice and all the other stuff. So Chad's going to all the other stuff.

Building the machaca skillet

So Chad's going to make it. make it. >> Yeah so shredded chicken is a lean >> Yeah so shredded chicken is a lean protein so we like to add some fat to protein so we like to add some fat to the skillet. We already have the skillet the skillet. We already have the skillet doing its thing over here. It's getting doing its thing over here. It's getting nice and hot because we're going to put nice and hot because we're going to put the the the For those of you who have never made For those of you who have never made machaca, it's basically some kind of machaca, it's basically some kind of shredded meat. I think classically it's shredded meat. I think classically it's more shredded beef. Today we have more shredded beef. Today we have shredded chicken but you put it with shredded chicken but you put it with bell peppers, bell peppers, onions, onions, onions, um and then the chicken, um and then the chicken, and you have really great flavor, um and you have really great flavor, um So, the way that I like to do it is I So, the way that I like to do it is I get the skillet nice and hot, and I get the skillet nice and hot, and I throw in the the the bell peppers and throw in the the the bell peppers and onions first, kind of get all that onions first, kind of get all that flavor going, which by the way, this is flavor going, which by the way, this is a super low-carb meal. Uh so, it's very a super low-carb meal. Uh so, it's very metabolically aligned. We have great, metabolically aligned. We have great, you know, chicken is a lean whole you know, chicken is a lean whole protein. It's loaded with all the right protein. It's loaded with all the right amino acids, and then we flavor it with amino acids, and then we flavor it with onions and bell peppers. At the end, onions and bell peppers.

Adding eggs and finishing the scramble

At the end, we'll throw on some tomatoes and some we'll throw on some tomatoes and some avocados, which by the way, just for a avocados, which by the way, just for a little fun fact, pretty much all those little fun fact, pretty much all those vegetables that I just named, bell vegetables that I just named, bell peppers, tomatoes, avocados, those are peppers, tomatoes, avocados, those are actually fruits, technically. So, I like actually fruits, technically. So, I like to eat the part of the plant that the to eat the part of the plant that the plant wants us to eat, which is the plant wants us to eat, which is the fruit. So, bell peppers, tomatoes, fruit. So, bell peppers, tomatoes, avocados, these are actually all fruits avocados, these are actually all fruits of the plant.

of the plant. >> really hot. >> really hot. >> And Okay, cool. That's getting nice and >> And Okay, cool. That's getting nice and hot. So, we're going to throw in the hot. So, we're going to throw in the bell peppers and the onions, get those bell peppers and the onions, get those nice and brown, get the flavor kind of nice and brown, get the flavor kind of kicking in there, kicking in there, and then we'll throw on the chicken, and and then we'll throw on the chicken, and then we'll put the eggs last. So, then we'll put the eggs last. So, >> I don't know. Maybe a lot of eggs. Maybe >> I don't know. Maybe a lot of eggs. Maybe eight or nine, 10.

eight or nine, 10. >> Okay. >> Okay. >> Okay. >> Yeah. We're going to load it up. So, and >> Yeah. We're going to load it up. So, and we have protein plus fat will keep your we have protein plus fat will keep your blood sugar flat.

blood sugar flat. I've been working on that for like 20 I've been working on that for like 20 minutes. Okay. minutes. Okay. Here we go. Here we go. >> You hold it.

>> You hold it. >> It's good. When we have that nice >> It's good. When we have that nice sizzle, sizzle, sizzle, let's get it side. let's get it side.

Already threw some avocado oil in there, Already threw some avocado oil in there, but we're going to throw a little bit but we're going to throw a little bit more.

Get it nice and hot. Get it nice and hot. >> You could also do this for breakfast, >> You could also do this for breakfast, cuz people were asking about breakfast cuz people were asking about breakfast options, so you could make this for options, so you could make this for breakfast.

breakfast. breakfast. >> Yeah, typically I think machaca probably >> Yeah, typically I think machaca probably is kind of a breakfast meal, is kind of a breakfast meal, but but but who's afraid to have a little breakfast who's afraid to have a little breakfast >> Um you think 10 eggs is enough?

>> Um you think 10 eggs is enough? >> How many? 10? >> How many? 10? >> 10. >> 10. >> 10. Good.

Serving with tortillas, rice, and toppings

Okay, in here Okay, in here I've mixed in a little bit of I've mixed in a little bit of organic cumin organic cumin which really just makes it taste like which really just makes it taste like machaca. And then uh machaca. And then uh some chipotle powder which really adds some chipotle powder which really adds it a nice little flavor profile.

it a nice little flavor profile. And then we put it through chili powder. And then we put it through chili powder. I might have put in a little extra.

I might have put in a little extra. But that's going to definitely bring it But that's going to definitely bring it bring up the heat. And then some salt bring up the heat. And then some salt and pepper.

and pepper. So we're going to mix that around. So we're going to mix that around. There we go. There we go. Okay, you know you got the pepper and Okay, you know you got the pepper and onions right when the peppers start to onions right when the peppers start to have a little browning on them and then have a little browning on them and then onions start to have a little clear onions start to have a little clear effect. That's when we know that we're effect.

Final plating and meal recap

That's when we know that we're ready to put the meat in. ready to put the meat in. So, we had machaca at restaurants before So, we had machaca at restaurants before and sometimes they're a little bit too and sometimes they're a little bit too egg heavy. Um so, we're going to put egg heavy. Um so, we're going to put definitely more meat than eggs in this definitely more meat than eggs in this one.

We're already got some good flavor going We're already got some good flavor going on. Smells really good. Got the onions, on. Smells really good. Got the onions, Maybe we just throw all this in.

Maybe we just throw all this in. Yeah, I'm fine. Yeah, I'm fine. >> What was that leftover? You don't like >> What was that leftover? You don't like Remember, the oil that I put in here was Remember, the oil that I put in here was avocado oil. You really don't want to avocado oil. You really don't want to use corn oil. You don't want to use use corn oil. You don't want to use soybean oil, vegetable oil. Stay away soybean oil, vegetable oil. Stay away All right, now comes the flavor that All right, now comes the flavor that really turns this into machaca. So, really turns this into machaca. So, remember we got some chipotle pepper, we remember we got some chipotle pepper, we have some chili powder, and we have some have some chili powder, and we have some cumin, and salt and pepper.

cumin, and salt and pepper. So, let's sprinkle that So, let's sprinkle that all around in there. all around in there. This is what really turns it into that This is what really turns it into that Okay.

Okay. We're going to prep the eggs. We're going to prep the eggs. Just do a little Just do a little I like to just move the machaca out of I like to just move the machaca out of the way a little bit and open up a the way a little bit and open up a little area in the skillet.

little area in the skillet. And we're going to drop the eggs right And we're going to drop the eggs right in there. And then we'll just kind of in there. And then we'll just kind of fold them in.

fold them in. >> Um so >> Um so I'm not done. I'm not done. >> We're getting there. >> We're getting there. Okay, now we're going to start folding Okay, now we're going to start folding in in in >> Press.

>> Press. >> Okay. >> Okay. >> Okay. >> Okay, so again, >> Okay, so again, we have tortillas that are in the oven. we have tortillas that are in the oven.

We have rice for our kids. Um extra We have rice for our kids. Um extra leftover Spanish rice. I'm going to opt leftover Spanish rice. I'm going to opt out for that. I will have some sea salt out for that. I will have some sea salt chips though. But I like to always kind chips though. But I like to always kind of have um some kind of veggie. So I

of have um some kind of veggie. So I always will chop up um I've done always will chop up um I've done coleslaw before, but um I'm just doing coleslaw before, but um I'm just doing some lettuce tonight and I just kind of some lettuce tonight and I just kind of put it on the bottom. And then I'll put put it on the bottom. And then I'll put the machaca on top.

the machaca on top. And See, look. See, look. And then I'll just um tonight I did make And then I'll just um tonight I did make I did make full guacamole just um I did make full guacamole just um avocado mashed up with some salt and avocado mashed up with some salt and pepper. And so I love guacamole.

pepper. And so I love guacamole. Some guac on top. And then again that um Some guac on top. And then again that um chipotle sauce. chipotle sauce. I think I've shared that that that I I think I've shared that that that I make. It's just sriracha with make. It's just sriracha with the Primal Kitchen the Primal Kitchen uh avocado ranch.

uh avocado ranch. Let's mix that up. Let's mix that up. >> free. >> free. >> free. >> With dairy free? >> With dairy free? >> We the cheese we use we use goat cheese >> We the cheese we use we use goat cheese cheddar cheese so I'll put a little bit cheddar cheese so I'll put a little bit of that on as well.

of that on as well. And And And some jalapenos and good to go. some jalapenos and good to go. So this is the final So this is the final thing thing thing lots of protein little carb lots of protein little carb and again I will have some chips but and again I will have some chips but I did have a lot already so maybe not I did have a lot already so maybe not that much but that's it. Easy second that much but that's it. Easy second meal um after the meal um after the I like to try to cook once and then use I like to try to cook once and then use it the next day so this is a really it the next day so this is a really really good crock-pot meal to make and really good crock-pot meal to make and then machaca or chicken salad the next then machaca or chicken salad the next day. That's it.

day. That's it. >> Yeah so crock-pot shredded chicken last >> Yeah so crock-pot shredded chicken last night we turned that into machaca con night we turned that into machaca con huevos today. Um and then we loaded it huevos today. Um and then we loaded it up with um up with um bell peppers onions has had some bell peppers onions has had some shredded guacamole on the side shredded shredded guacamole on the side shredded avocado on the side for some guacamole.

avocado on the side for some guacamole. Um so yeah so we have some healthy Um so yeah so we have some healthy protein some healthy fats as well you protein some healthy fats as well you need to keep your blood sugar flat.

need to keep your blood sugar flat. That's the thing for the day. Enjoy. That's the thing for the day. Enjoy. Bye.