Shredded Garlic Chicken (sous vide)

Servings: 6

Ingredients:

- 3 large chicken breasts (~2.5 lbs)
- 6 cloves garlic, peeled
- Chili powder
- Paprika
- Salt and pepper
- Cayenne (optional)

Directions:

1. Preheat a water bath to 150°F
2. Generously coat each chicken breast in equal parts salt, pepper, chili powder, and paprika (and cayenne, if using).
3. Place the seasoned chicken in a sous vide bag with the whole garlic cloves and vacuum seal.
4. Place the chicken into the water and cook for 2 hours.
5. Remove chicken to a bowl and shred, mashing the garlic and mixing it into the chicken

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