Braised Turkey Tacos

4 bone in turkey thighs (or chicken)

2 teaspoons table salt

1 teaspoon pepper

1 Tablespoon olive oil

1 onion, chopped

5 cloves garlic, minced

2 teaspoons oregano

1 1/2 teaspoons cumin

1/4 teaspoon red pepper flakes

1/4 teaspoon cinnamon

3 Tablespoons tomato paste

2 cups chicken broth

1/3 cup orange juice

3 Tablespoons lime juice

corn tortillas

fresh cilantro

Sprinkle turkey with salt and pepper.

Heat oil in Dutch oven.  Saute garlic and onion until softened.

Add oregano, cumin, red pepper flakes and cinnamon.  Cook 30 seconds.

Add tomato paste and cook until darkened.

Add chicken broth, orange juice and lime juice.

Nestle turkey into liquid and bring to a simmer.

Cover.  Transfer to oven and cook 1 hour 45 minutes at 350.

Transfer turkey to plate to cool.  Shred into bite sized pieces.

Bring turkey mixture to simmer and cook until thickened.  (3-4 minutes)

Return meat to pot and stir to coat.

Serve turkey meat with fresh cilantro on corn tortillas.