

Chicken Tinga



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Recipe by: Laura Vitale

Serves 6 to 8

Prep Time: 15 minutes
Cook Time: 45 minutes

Ingredients

For the chicken and poaching liquid:

- 1-1/2 lb of Chicken Breast
- 2 Cloves of Garlic, smashed
- Few Sprigs of Parsley
- Salt to taste

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For the Sauce:

- 2 Tbsp of Olive Oil
- 14.5 oz of Tomato Sauce
- 1 Yellow Onion, thinly sliced
- 3 Cloves of Garlic, thinly sliced
- 1 tsp of Cumin
- 1 tsp of Oregano
- 1 Bay Leaf
- 2 to 3 Chipotles in Adobo
- Salt to taste

1) Fill a large saucepan with water, add the 2 garlic cloves, parsley and salt, bring to a boil, then add the chicken, reduce the heat to medium and simmer until cooked through, about 15-20 minutes depending on the thickness of the chicken. While that simmer, make the sauce.

2) In a shallow dutch oven, add the olive oil along with the garlic and onions, saute until they become translucent, about 7-8 minutes add the sauce along with about 3/4 cup of chicken stock, spices, chipotles in adobo and salt and simmer for about 20 minutes.

3) While that simmers, shred your poached chicken and set aside.

4) Remove the bay leaf and discard, add the sauce to a blender and puree until smooth (you might need to add a touch of chicken stock to loosen it) then place it back in the pan along with the shredded chicken and simmer for about 10 minutes.

5) Serve as tacos or tostadas with your favorite toppings.

