



CHICKEN TINGA

Servings: 8

Ingredients

- 4 pounds skinless, boneless chicken breasts
- 4 cups onions, julienned
- 1/2 cup garlic cloves, smashed
- 2 tablespoons kosher salt
- 1 bay leaf
- 1 quart water
- 2 tablespoons canola oil
- 4 whole plum tomatoes, stems removed
- 1 tablespoon chicken base, low-sodium
- 1 teaspoon granulated garlic
- 2 ounces canned chipotle chiles in adobo
- 2 teaspoons dried Mexican oregano
- 2 teaspoons ground paprika
- 1 teaspoon ground cumin

Directions

In a skillet add the chicken, 1 cup onion, garlic, salt and bay leaf. Cover with water and bring to a simmer. Cook over medium heat for around 20 minutes or until the chicken is cooked through, 165 degrees F. Skim off foam that may rise to the top while cooking. Remove the chicken and let it rest. Strain and reserve the broth for further use.

Return the skillet to the stove over medium-high heat. Add the oil and, once hot, add the whole tomatoes, brown on each side. Let cook for 6 to 7 minutes. Remove the tomatoes from skillet and set aside. Add the remaining 3 cups of onions, reduce heat to low and let onions cook for 5 to 6 minutes.

Add the roasted tomatoes to a blender along with 3 cups of the reserved broth, chicken base, granulated garlic, chipotle chile in adobo, Mexican oregano, paprika and cumin and blend until smooth. Pour the mixture back into the skillet with the cooked julienned onions; let simmer for 10 minutes.

Shred the chicken and add it to the skillet. Toss to coat; adjust seasoning if necessary. Keep hot until ready to serve.

Side dishes

- Cilantro Rice
- Black Bean Stew

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