

Chicken Tinga

Recipe Type: Main Dish

Serves: 6

Prep Time: 30 minutes

Cooking Time: 1 hour

C means cup

T means tablespoon

t means teaspoon

oz means ounce

What you need:

1 pound (lb.) skinless chicken breast

4 C water

¼ t salt

1 large onion

3 garlic cloves

4 medium tomatoes

1 chipotle chili pepper

1 t paprika

1 T vinegar

½ t oregano

3 T canola oil



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Add the chicken, water, salt and ½ onion to a medium size pot and bring to boil. Cook for 30 minutes.
3. Remove the chicken and shred it by holding it on one end and pulling at the other end with a fork.
4. For the chili paste chop the onions, garlic, tomatoes and chipotle chili.
5. Mix them together in a medium bowl until a paste forms.
6. Add the paprika, vinegar and oregano and mix well.
7. Heat the oil in a skillet. Add the chicken to the skillet and mix to brown the chicken.
8. Add the chili paste and stir well.
9. Cook for 10 more minutes on medium heat.
10. Serve warm and enjoy!

Nutrition Facts

6 servings per container

Serving size 1 Cup (356g)

Amount per serving

Calories 200

% Daily Value*

Total Fat 10g 13%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 150mg 7%

Total Carbohydrate 9g 3%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 19g

Vitamin D 0mcg 0%

Calcium 33mg 2%

Iron 1mg 6%

Potassium 503mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FK= 5.0

Tip: Use the Chicken Tinga to make other recipes.

