



Chicken Tinga (Shredded Spicy Chicken)

BY MUY BUENO

🕒 20 MINS PREP | 🕒 1 HR 10 MIN COOK | 🍴 6 SERVINGS

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INGREDIENTS

Chicken Tinga

6 cups water	1 yellow onion quartered
1 ³ / ₄ pounds skinless, boneless chicken breasts	1 yellow onion chopped
1 teaspoon salt, divided	1 large tomato quartered
1 clove garlic	3 large tomatoes chopped
1 clove garlic chopped	7 ounces chipotle peppers in adobo sauce
	¹ / ₄ cup Olive Oil

Toppings (optional)

12 corn tortillas	¹ / ₂ cup queso fresco
1 pound lettuce shredded	1 cup salsa
2 avocados pitted, peeled, sliced	3 radishes sliced

NUTRITION INFORMATION PER SERVING

Calories 513kcal	Sodium 881mg
Carbs 39g	Fiber 10g
Protein 38g	Added Sugar 0g
Total Fat 24g	Fruits 0 servings
Saturated Fat 4.59g	Vegetables 1.95 servings

Method

1. In a large stockpot, over medium to high heat, add water, chicken, half of the salt, whole clove garlic, and quartered onion. Cover and simmer for about 30 minutes. Remove the chicken, garlic, and onion from the broth and allow to cool. When the chicken is cool, shred it. Reserve chicken and broth.
2. In a blender, put the boiled onion and garlic clove, the quartered tomato, chipotle peppers including adobo sauce, the remaining salt, and enough chicken broth to fill the blender half way. Puree until smooth.
3. Heat the oil in a large and deep pan over medium heat. Once it is hot but not smoking, stir in the chopped onion and cook until soft and translucent, about 2 minutes. Add chopped tomatoes and chopped garlic and cook for an additional 2 minutes.
4. Add the shredded chicken, the chipotle sauce from the blender, and more chicken broth if it is too dry. Bring to a boil, reduce heat, and simmer for 20 minutes. Add salt to taste.
5. Serve with corn tortillas and suggested toppings.

