

Chicken Tinga

6 servings • Category: Dinner • Generated by Nutrifax

Ingredients

- 700 g Chicken (broiler, thigh, meat, raw)
- 2 cup Tomatoes (canned, red, ripe, diced)
- 1 cup, sliced Onions (raw)
- 3 clove Garlic (raw)
- 3 tbsp Sauce (tomato chili sauce, bottled, salted)
- 1 tbsp Spices (chili powder)
- 2 tsp Spices (paprika)
- 1 tsp, leaves Spices (oregano, dried)
- 1 tsp Spices (cumin seed)
- 1/2 cup Soup (stock, chicken, homemade)
- 1 tbsp Vegetable oil (olive)
- 1 tsp Salt (table)
- 1/2 x 5 ml whole Spices (pepper, black)

Instructions

1. Place the chicken thighs in a pot and cover with water. Bring to a boil, then reduce heat and simmer for 20 minutes until cooked through. Remove and shred with two forks. Reserve 1/2 cup of the cooking liquid.
2. Heat olive oil in a large skillet over medium heat. Cook the diced onion for 5 minutes until softened. Add the garlic and cook 30 seconds.
3. Add the diced tomatoes, chili sauce, chili powder, paprika, oregano, cumin, salt, and pepper. Stir to combine.
4. Add the chicken broth and simmer for 10 minutes until the sauce thickens slightly.
5. Add the shredded chicken and stir to coat. Simmer for another 10 minutes, adding reserved cooking liquid if the mixture is too thick.
6. Serve on tostadas, in tacos, or over rice. Top with sliced avocado, crumbled queso fresco, and fresh cilantro.