

Chicken Tinga



Ingredients

1 Tbsp olive oil	1.5 oz canned chipotle peppers, in adobo, chopped
1 white onion (about 4 oz) chopped	3 oz diced tomatoes
1 fresh garlic clove, minced	1 oz tomato paste
1 tsp chopped fresh oregano	4 oz low sodium chicken broth
½ tsp ground cumin	16 oz chicken thighs, poached
½ tsp salt (kosher)	2 tsp sherry wine vinegar

Directions

1. In a heavy sauce pan over medium heat, add the olive oil and onions. Sauté until translucent.
2. Add the garlic to the pan and cook for 1 minute.
3. Stir in the cumin and oregano. Sauté until fragrant.
4. Add the chipotle peppers, tomatoes and tomato paste to the pan. Cook for 2 to 3 minutes to evaporate juices from the tomatoes.
5. Add the chicken broth. Bring to a simmer and cook for 4-5 minutes. Use an immersion blender or regular blender at low speed to puree.
6. Add raw chicken and let it simmer until minimal internal temperature reaches 165 degrees (for 15 seconds).
7. Once the chicken is cooked, remove from the sauce, shred the chicken and add back to the sauce.
8. Season with salt and vinegar.

If left over, refrigerate and use within 5 days.

Nutritional Information

Calories	158
Total Fat.....	6.9g
Saturated Fat	1.6g
Cholesterol	58mg
Total Carbohydrate.....	3.7g
Fiber	0.9g
Protein	19.5g
Sodium	233mg
Serving size.....	4 ounces
Recipes yields.....	7 servings

Adjusted from: www.sodexo.com