

TINGA DE POLLO

CHIPOTLE, CHIPOTLE, Y MAS CHIPOTLE!

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Sabor
A BAJA

BROUGHT TO YOU BY
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SMOKED DELIGHT!

The word Chipotle comes from the Aztec word "chilpochtli" which means Smoked Chile. And, it is used in reference to a unique preparation style, made usually with Jalapenos that have been matured, dried, smoked and then cooked out in a very special way. In stores, You can typically find them dried or canned in Adobo Sauce. Chipotles are known for their strong heat and delicious smoky flavor! Also, they are the main ingredient in this recipe I'm sure you'll enjoy!

Abril.



INGREDIENTS

A SLOW COOKER IS REQUIRED

4 lb of skinless, boneless chicken breasts
1 large onion, previously sliced
3 Tbs of vegetable oil
1 Tbs of salt
1 Tsp of pepper

For the Sauce:

5 cups of water
3 medium size tomatoes
4 garlic cloves
2 dried chipotles (optional)
1 7oz can of Chipotles in Adobo
Salt and pepper to taste

To serve:

Shredded lettuce
Ground cotija cheese
Avocado slices



DIRECTIONS

For the Salsa: In a 3-quart pot, bring 5 cups of water to a boil, add the tomatoes, garlic, dried chipotles and cook until tender. Turn the heat off. Let it cool for a few minutes, then pour the content in a blender, including the rest of the sauce ingredients. Blend until you get a homogenous mixture.

Bring the chicken breasts and onions into the Slow Cooker's bowl and season them with the oil, salt, and pepper. Mix evenly. Next, pour in the content of your blender with the help of a strainer. Cook in the High setting for 3 hours. Once cooked, use a fork to shred the chicken breasts. Serve with some lettuce and avocado on top, and sprinkle with Cotija Cheese.



ABUELITA'S TIP OF THE DAY: Enjoy your Tinga in a bowl, a Tostada, a Taco, a Sope or even in a Torta! For a superb experience, make sure to side with some refrito beans!