

Chicken Tinga

Time: <15 minutes (5 min prep, <10 min cook); Servings: 6

Ingredients

- 2 tablespoons of canola oil
- 1 medium white onion, sliced
- 3 large garlic cloves, minced
- 3 large tomatoes, cubed
- 2-5 chipotle peppers in adobo sauce, chopped (7oz can, *Embasa* is common brand)
- ~3 cups of cooked shredded chicken (see below. Or you can use shredded rotisserie chicken)
- Salt and pepper to taste

Optional: 1 teaspoon of Mexican oregano or marjoram, fresh cilantro and lime for garnish

Directions

1. Heat oil in a large pan over medium heat and add sliced onions. Cook for 3 minutes. Then add garlic and cook for another 2 minutes. Add Mexican oregano or marjoram (optional) and mix together.
2. Mix in chopped tomato and cook for 5-6 minutes as juices release. Can add a couple tablespoons of water or chicken broth if looking dry.
3. Add shredded chicken and chopped chipotle peppers (you can add more if you like it really spicy!). Simmer for 8 minutes so that the flavors can blend. Season with salt and pepper to your liking.

Easy to batch cook this recipe and save leftovers in the freezer for a month.

Recipes were adapted from John “Wesley” McWhorter as presented at 2020 HKHL conference

Check out this “Bears in the Kitchen” recipe video at

uhs.berkeley.edu/nutritionvideos

*For more recipe ideas, visit **uhs.berkeley.edu/recipes***

Nutrition Tip: You can serve as a main dish with rice and beans, add to salad, use for tacos, burritos or tostadas.



Shredded Chicken

Time: 30 minutes (5 min prep, 25 min cook)

Ingredients

- 1 pound of whole boneless chicken breast or thigh meat, raw
- 1/2 white onion, sliced in quarters
- 3 large garlic cloves
- 1 teaspoon of salt

Nutrition Tip: Shredded chicken can be used for chicken tinga tacos, soup, on salads, or any meal!



Directions

1. In a medium/large saucepan or pot, lay your chicken flat and add water to cover to 1/2 inch above. Add onion, garlic and salt into pot.
2. Bring water to a boil, then reduce to low-medium simmer and cook for about 20 minutes. Do not leave the water boiling on high or cook too long - you will overcook and make rubbery chicken.
3. Use tongs to carefully take out a piece of chicken and use a food thermometer to poke the thickest part of the chicken. Check if the internal temperature is at least 165F (fully cooked). If below 165F, continue cooking chicken in 5-minute increments. Thicker pieces of chicken may take longer to cook (like a large chicken breast).
4. Take out chicken and let cool for 5-10 minutes. Then proceed to use 2 forks, or your hands, to shred chicken into thin pieces.

Save your leftover chicken broth for another recipe or make chicken noodle soup! You can add more vegetables to flavor the broth like carrots, celery, parsley.

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