

# Chicken Tinga

**Recipe Type:** Main Dish

**Serves:** 6

**Prep Time:** 30 minutes

**Cooking Time:** 1 hour

**C means cup    T means tablespoon    t means teaspoon    oz means ounce**

## What you need:

- 1 pound skinless chicken breast
- 1 large onion
- 4 C water
- 4 medium tomatoes
- 3 garlic cloves
- 3 T canola oil
- 1 T sugar
- 1 chipotle chili
- 1 t paprika
- 1 T vinegar
- 1/2 t oregano
- 1/8 t salt

## What to do:

1. Wash your hands.
2. To make the chicken: Add the water, salt, chicken and 1/2 onion to a medium size pot and bring to boil. Cook for 30 minutes.
3. Remove the chicken and shred it by holding it on one end and pulling at the other end with a fork.
4. To make the chili paste: Chop the onions, garlic, tomatoes and chipotle chili. Mix them together in a medium bowl. Add the paprika, vinegar and oregano and mush all together until a paste forms.
5. Put the oil and sugar in a large skillet and let the sugar brown.
6. Add the chicken to the skillet and mix until the oil has coated all the chicken.
7. When the chicken starts to brown add the chili paste and stir well.
8. Cook for 10 more minutes on medium heat.
9. Serve warm or use the Chicken Tinga to make other recipes.
10. Enjoy!



This is a picture of 1 serving.

## **Nutrition Facts**

**Serving Size 1 C**

**Amount Per Serving**

**Calories 310**

**Calories from Fat 130**

**%Daily Value\***

**Total Fat 14 g** **22%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

**Cholesterol 75 mg** **25%**

**Sodium 220 mg** **9%**

**Total Carbohydrate 19 g** **6%**

Dietary Fiber 3 g **12%**

Sugars 11 g

**Protein 26 g**

Vitamin C 50%

Calcium 6%

**\* Percent Daily Values are based on a 2,000 calorie diet.**

FK= 4.9; 9/12/2012

Find other recipes at [www.snaped4me.org](http://www.snaped4me.org)



**NJ SNAP - Ed**  
NJ Supplemental Nutrition Assistance Program-Education  
USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: [www.NJHelps.org](http://www.NJHelps.org); or to learn more go to [www.fns.usda.gov/fsp](http://www.fns.usda.gov/fsp). USDA is an equal opportunity provider and employer.

To Apply for SNAP visit [www.njsnap.org](http://www.njsnap.org)

*Cooperating Agencies:* Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

**RUTGERS**  
New Jersey Agricultural  
Experiment Station