

chicken, mexican, taco, gluten free, hot weather, one pot, pressure cooker, weeknight, picante, needs pic, incomplete





This recipe is tagged as incomplete, use at your own risk!

## Chicken Tinga

Date added: 2024/08/06

### Ingredients

- 3 large chicken breasts  (Or thigh, or a mix)
- 1 tbsp shortening
- Tinga Sauce
  - 1 cup water
  - 7.5oz can Chipotle peppers in Adobo sauce
  - $\frac{1}{2}$  large onion 
  - 4 Cloves Garlic
  - 1 tbsp kosher salt
  - 1 tsp Mexican Oregano
  - $\frac{1}{2}$  tsp Thyme
  - $\frac{1}{4}$  tsp Cumin
  - $\frac{1}{4}$  tsp Clove
  - Fresh Pepper

### Method

1. Blend tinga sauce ingredients until smooth
2. Add shortening to pressure cooker on "saute" function (or equivalent)
3. Once shortening is melted and hot, add chicken to cooker
4. After ~1 minute, add tinga sauce
5. Seal and pressure cook for 10 minutes on high
6. Manual pressure release after timer
7. Remove chicken and let rest on cutting board
8. While chicken rests, reduce sauce in pressure cooker until thick gravy consistency



9. Shred chicken using forks or stander mixer with paddle attachment
10. Return chicken to the sauce, stir and reheat
11. Serve

### Notes

Chicken tinga is a great way to use up any variety of freezer burned chicken you have around. You can use tinga for just about anything, we usually do tacos or quesadillas. For next time, omit salt and

use knorr chicken stock instead of water



Inspired by: <https://www.youtube.com/watch?v=DqTsb9N3cqY>

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