

ZONE BLOCK

Blocks: 53P, 19C, 0F

INGREDIENTS FOR SLOW COOKER CHICKEN

- 4 pounds boneless, skinless chicken breast
- 2 large carrots
- ½ onion
- ¼ bunch cilantro
- Water, enough to cover the chicken (we used 40oz)
- Kosher salt, as needed

INGREDIENTS FOR TINGA

- 1 ½ onion, julienne
- Chicken broth (from slow cooker)
- 1 teaspoon granulated garlic
- ½ teaspoon chipotle powder
- Kosher salt, to taste
- 3 large sweet potatoes
- Cilantro, chopped, as garnish

INGREDIENTS FOR THE SALSA

- 2 cups tomato puree
- Chicken broth, as needed
- ½ teaspoon granulated garlic
- Kosher salt, as needed
- ½ teaspoon chipotle powder



CHIPOTLE CHICKEN TINGA

PREPARATION INSTRUCTIONS:

1. Place all the slow cooker chicken ingredients into your slow cooker and cook on low for 12 hours.
2. Once chicken is cooked, remove breasts from slow cooker and place into a large bowl or container and shred while hot/warm. Save the broth from the crock.
3. Preheat a large sauté pan over medium-high heat. Add a little olive oil and onions and a pinch of salt. Add granulated garlic and chipotle powder and stir to incorporate the spices and onions.
4. Add shredded chicken into the pan and fold together with onions. Ladle in a few scoops of chicken broth left over in the slow cooker and mix together once again.
5. In a medium sized mixing bowl, add ingredients listed for salsa and whisk together.
6. To serve, layer yams, shredded chicken, top with salsa, and garnish with cilantro. Enjoy!