

Chicken Tinga

Yield: 5 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-tinga>

Ingredients:

- 3 tablespoons safflower oil
- 1/2 white onion about 1/4 pound, slivered
- 2 garlic cloves chopped
- 8 Roma tomatoes or about 2 pounds, rinsed
- 2 tomatillos or about 1/4 pound, husks removed, rinsed
- 1/2 teaspoon dried oregano crumbled
- 1/4 teaspoon marjoram dried
- 1/4 teaspoon dried thyme
- 2 teaspoons sea salt or kosher, or more to taste
- 1/4 teaspoon black pepper freshly ground
- 2 tablespoons sauce from chipotle chiles in adobo, can add whole chiles if more heat is desired
- 5 cups chicken shredded
- 12 corn tostadas such as Guerrero, Mission
- 1 1/2 cups refried beans warmed up, can be home made or store bought
- 3 cups chicken tinga, recipe above
- 1 cup iceberg lettuce thinly sliced
- 1 mexican avocado ripe, pitted, peeled, and sliced
- 1/2 cup cotija cheese crumbled
- 1/2 cup cream Mexican or Latin style
- salsa your choice such as salsa verde, optional
- 8 large flour tortillas
- 4 slices Monterey Jack cheese muenster cheese, or Mexican manchego
- 2 cups chicken tinga, recipe above
- 2 cups guacamole home made or store bought, on the side

Nutrition:

1. Calories: 1350 calories
2. Carbohydrate: 96 grams
3. Cholesterol: 345 milligrams

4. Fat: 54 grams
 5. Fiber: 12 grams
 6. Protein: 117 grams
 7. SaturatedFat: 19 grams
 8. Sodium: 3300 milligrams
 9. Sugar: 10 grams
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