

CHIPOTLE CHICKEN TACOS

SERVINGS

6

INGREDIENTS

6 Boneless, skinless chicken thighs	3 T. minced garlic	1 c. chicken stock
1 t. canola oil	1 T. cumin	1 tomato, diced
1/8 t. salt	1 chipotle pepper in adobo sauce, minced	¼ cilantro
1/8 t. pepper	1 red bell pepper	1 oz. sliced red onion
½ white onion		¼ c. cotija cheese (or sub shredded cheddar)

Serve either over rice or in tortillas

INSTRUCTIONS

1. Season chicken thighs with salt and pepper
2. Heat oil in a skillet
3. Sear chicken on each side about 10 minutes until well browned
4. Combine onion, garlic, cumin, chipotle peppers, red pepper and chicken stock. Puree smooth in a blender
5. Remove chicken from pan. Pour out excess fat. Allow pan to cool slightly. Pour in chipotle mixture. Return chicken to pan.
6. Simmer covered for 40 minutes or until meat is fork tender.
7. Garnish with tomato, cilantro, red onion and cotija cheese.