



Chicken Tinga for Tacos

1 whole chicken
1 yellow onion diced,
2 medium carrots, diced
5 ribs celery, diced
2 green peppers, diced
4 cloves garlic, chopped
½ bunch cilantro
3 T. kosher salt
1 T. black pepper

Place all ingredients in a large sauce pan. Cover with cold water. Place on stove on high and bring to a boil. Reduce heat and let simmer for about one hour until chicken is done. Remove from heat and let cool. Remove chicken from water and set aside to completely cool. Strain liquid into another sauce pan. Throw away solids and place chicken stock back on heat. Reduce by 2/3. While stock is boiling, remove skin from chicken and take all meat off bones. Shred chicken by hand. Discard skin and bones. Add enough stock to chicken to keep it moist. Serve with Tortillas by Gloria.