



Fuel the Body
Fuel the Soul

Tinga Tostadas



PREP TIME
20 MINUTES



COOK TIME
20 MINUTES



SERVINGS
6-8

Ingredients:

- | | |
|---------------------|-------------------------|
| 10 tostadas | 1 can chipotle peppers |
| 3 chicken breasts | 1 tsp cumin |
| 4 roma tomatoes | 1 tsp of salt |
| 2 cloves garlic | 1/2 tsp of black pepper |
| 2 onions, diced | Sour cream |
| 2 tbs vegetable oil | |

Procedure:

1. Boil and shred the chicken breasts.
2. Blend chipotle peppers, tomatoes, garlic and cumin together into a sauce.
3. Sauté diced onions in oil until caramelized.
4. Add shredded chicken to the onions and stir. Season with salt and pepper.
5. Add chipotle and tomato sauce to the chicken. Mix and let simmer for 10 mins.
6. Serve on a tostada with sour cream and enjoy!



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