



Chicken Tinga

Mexican style shredded chicken, slow cooked with tomatoes and chilis.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
 Washington State, Office of Superintendent of Public Instruction on behalf of Orcas Island Public Schools

Preparation Time: 1 hour 30 minutes

Cook Time: 2 hours

NSLP/SBP crediting information:

1 cup (8 oz spoodle) provides 2 ¼ oz equivalent meats/meat alternates, ¼ cup red/orange vegetable, ¼ cup other vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken tenders, boneless, skinless, fresh	10 lb		20 lb		<ol style="list-style-type: none"> Place chicken in tilt skillet or large stock pot. Add enough water to cover by 1 inch. Critical Control Point: Bring to simmer and cook gently for about 20 minutes until internal temperature reaches 165 °F or higher for 15 seconds. Remove chicken from water. Save water and set aside. Clean tilt skillet or stock pot. Cut chicken into 1 inch pieces, then shred by hand. Chicken can be cooked and chilled before shredding. Critical Control Point: Chill on sheet pans or in hotel pans with no more than 2 inch depth of food. Cool to 70 °F within 2 hours and 40 °F or lower within 4 hours.
Water		1 qt 2 cups		3 qt	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chipotle pepper, canned in adobo sauce	2 2/5 oz	¼ cup	4 4/5 oz	½ cup	<p>4. Combine chipotle peppers, garlic, tomato paste, oregano, pepper, salt, and 1 cup of reserved chicken cooking water from step 2 in a blender. Blend until smooth. (Alternatively, combine ingredients in sauce pot or Cambro container and blend using a stick blender.)</p>
Garlic, raw, peeled, whole cloves	2 oz	¼ cup (approx. 18 cloves)	4 oz	½ cup (approx. 36 cloves)	
Tomato paste, canned, no salt added	2 oz	¼ cup	4 oz	½ cup	
Mexican oregano, leaf, dried		3 Tbsp		¼ cup ½ Tbsp	
Black pepper, ground		2 tsp		1 Tbsp	
Salt, kosher		2 tsp		1 Tbsp 1 tsp	
Vegetable oil		½ cup		1 cup	
*Onion, raw, chopped	8 lb		16 lb		<p>5. Add oil to preheated tilt skillet or large stock pot.</p> <p>6. Add onions to hot oil and sauté until translucent, about 5 minutes.</p>
Tomatoes, canned, crushed, no salt added	6 lb 6 oz	1 No. 10 can	12 lb 12 oz	2 No. 10 cans	<p>7. Add the chipotle sauce from blender, crushed tomatoes, and remaining chicken cooking water (5 cups for 50 servings, 11 cups for 100 servings) and bring to a simmer.</p> <p>8. Add shredded chicken and stir to coat. Simmer for 20 minutes until sauce reduces to almost dry and coats the chicken.</p> <p>Critical Control Point: Hold for hot service at 135 °F or higher, or chill for later use in pans with no more than 2 inch depth of food. Cool to 70 °F within 2 hours</p>

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>and 40 °F or lower within 4 hours. Reheat to a minimum of 165 °F.</p> <p>9. Portion with 8 oz spoodle (1 cup). Serve over ½ cup rice (white or brown) or with a whole-grain tortilla.</p>



**CHICKEN TINGA
NUTRITION INFORMATION**

For 1 cup (8 oz spoodle)

NUTRIENTS	AMOUNT
Calories	182
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Total Fat	5 g
Saturated Fat	1 g
Cholesterol	66 mg
Sodium	171 mg
Total Carbohydrate	11 g
Dietary Fiber	2 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	22 g
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Vitamin A	63 mcg RAE
Vitamin C	7 mg
Vitamin D	0 IU
Calcium	31 mg
Iron	1 mg
Potassium	677 mg

N/A=data not available.

*MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Onions, mature, whole	9 lb	18 lb

NOTES
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.</p> <p>Cooking Process #3: Complex</p>

YIELD/VOLUME	
50 Servings	100 Servings
About 28 lb About 3 gal 2 qt 1 full-size 4" hotel pan (12" x 20" x 4")	About 56 lb About 7 gal 2 full-size 4" hotel pan (12" x 20" x 4")

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

