

Chicken Machaca

Enjoy our version of a healthy, delicious alternative to the typical fatty, beef machaca found at many Mexican restaurants. To spice things up, use medium-hot canned chilies. Topping a crisp salad is our favorite way of enjoying this low fat, spicy chicken stew. We hope you will enjoy it, too!

Serves 6

Ingredients:

3 large chicken breasts, on bone, but skin and fat removed
1 medium-large Spanish onion, sliced
1 large green pepper, cut in ½” strips
1 14.5-oz can diced tomatoes
1 7-oz can Ortega diced, mild, green chilies
2 TBS red chili powder, toasted
1 tsp cumin
1½ tsp oregano
salt & pepper, to taste

Preparation:

1. Fill a large pot with water, add salt, and bring to a boil. Drop chicken breasts into boiling water, deep enough to cover the chicken. Simmer for ~45 minutes, until tender.
2. Remove chicken and shred the meat with a pair of forks, set aside. Put bones back into broth and continue to simmer until broth reduces to ½ of original volume. Remove bones and discard.
3. Add onions, green pepper, tomatoes, green chilies, red chili powder, cumin, and oregano to broth and continue to simmer until broth reduces to 1/3 of original volume.
4. Put shredded chicken into broth and season with salt and pepper.
5. Serve hot with: tortillas, beans, shredded lettuce, and pico de gallo; with brown rice and steamed veggies; or on a crisp salad with avocado slices, a sprinkle of shredded cheese, and a lite lime/cilantro dressing.



