



# 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 vegetables, ¼ cup other vegetables

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"> <li>Place chicken in tilt skillet or large stock pot. Add enough water to cover by 1 inch. <b>Critical Control Point:</b> Bring to simmer and cook gently for about 20 minutes until internal temperature reaches 165 °F or higher for 15 seconds.</li> <li>Remove chicken from water. Save water and set aside. Clean tilt skillet or stock pot.</li> <li>Cut chicken into 1 inch pieces, then shred by hand. Chicken can be cooked and chilled before shredding. <b>Critical Control Point:</b> 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.</li> </ol>
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><b>4.</b> 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 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	<p><b>5.</b> Add oil to preheated tilt skillet or large stock pot.</p> <p><b>6.</b> Add onions to hot oil and sauté until translucent, about 5 minutes.</p> <p><b>7.</b> 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><b>8.</b> Add shredded chicken and stir to coat. Simmer for 20 minutes until sauce reduces to almost dry and coats the chicken.</p> <p><b>Critical Control Point:</b> 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 and 40 °F or lower within 4 hours. Reheat to a</p>
*Onion, raw, chopped	8 lb		16 lb		
Tomatoes, canned, crushed, no salt added	6 lb 6 oz	1 No. 10 can	12 lb 12 oz	2 No. 10 cans	





INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					minimum of 165 °F. <b>9.</b> Portion with 8 oz. spoodle (1 cup). Serve over ½ cup rice (white or brown) or with a whole-grain tortilla.



## NUTRITION INFORMATION

For 1 cup (8 oz. spoodle)

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>182</b>
<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	1 g
Cholesterol	66 mg
<b>Sodium</b>	<b>171 mg</b>
<b>Total Carbohydrate</b>	<b>11 g</b>
Dietary Fiber	2 g
Total Sugars	6 g
Added Sugars included	N/A
<b>Protein</b>	<b>22 g</b>
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

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #3: Complex

## YIELD/VOLUME

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

## SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

