

Chicken Tinga—adapted from Sunset Magazine, Barrio Queen, Scottsdale, AZ

- ¼ cup chopped red onion
- 1 large garlic clove, minced
- Salt and pepper to taste
- ¼ cup tomato paste
- 1 ½ Tablespoon pureed canned chipotles in adobo sauce
- ¾ cup water
- 2 teaspoons sugar
- 2 cups chicken, cooked (preferably grilled) and shredded
- 4-inch corn tortillas

Garnishes: thinly sliced cabbage, pico de gallo, queso fresco, chopped cilantro, avocado slices, crema (or sour cream) thinned with a little milk to make it pourable

In a large skillet, heat a tablespoon of oil over medium-high heat. Sauté the onion until golden, then add the garlic, salt, and pepper and cook for 30-60 seconds being careful not to brown the garlic too much.

Stir in the water, tomato paste, chipotles, and sugar. Mix well, then add the chicken. Cook until bubbling, about 2 minutes.

Serve as tacos, tostadas, quesadillas ... or with scrambled eggs for breakfast!