

CHICKEN TINGA

BLEND INTO A SAUCE

- 1 tablespoon **olive oil**
- half of an **onion**
- 2 cloves **garlic**
- 2 individual **chipotles** in adobo sauce
- 1 teaspoon **oregano**
- 1 teaspoon **cumin**
- one 14-ounce can **crushed fire-roasted tomatoes**
- ½ teaspoon **salt**

FREEZE SAUCE WITH

- 2 lbs. **boneless skinless chicken thighs**

INSTANT POT

High Pressure 15 mins

10-minute natural release

SLOW COOKER

High Setting 4 hrs

Thaw ingredients first

FINAL STEP

Serve as tacos, on salads, in rice bowls, or in enchiladas.

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