Mexican Chicken

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INGREDIENTS:
3-4 boneless skinless chicken breasts
14-28 ounces chicken broth or stock
Taco seasoning packet
8-ounce can tomato sauce
4-5 bay leaves
Tabasco sauce or red pepper to taste

DIRECTIONS: Place chicken breasts in a large skillet. Add chicken broth to cover bottom half of the chicken. Sprinkle top of chicken with one third to one half a package of taco seasoning. Turn on high to get the broth almost boiling, then turn down to simmer stirring occasionally. Cover and let it simmer at least an hour — the longer the better. Do not let stock go dry — add more as needed. Shred chicken in the pan with the stock (I think it is easiest using two wooden spoons). After chicken is shredded, add tomato sauce, the rest of the taco seasoning and the bay leaves. Turn up the heat to heat through, then reduce heat, cover, and simmer. Simmer about an hour or so stirring occasionally to move the bay leaves around. Remove bay leaves before serving. Use as a filling for tacos, burritos, egg omelet, pizza topping, etc.

“The bay leaves are the key ingredient in my opinion. Add Tabasco sauce or red pepper if you want a little kick. I think this is even better when it is refrigerated overnight and reheated.”

From the kitchen of: Kevin Shalinske
professor food science and human nutrition

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