



Shredded Chicken Tacos

4 Servings • 1 Serving = 2 Tacos

INGREDIENTS

- ½ Tablespoon extra virgin olive oil
- ¼ white onion, finely chopped
- 2 cloves garlic, finely chopped
- 1 teaspoon ground cumin
- 2 thyme sprigs
- 1 bay leaf
- 5 Roma tomatoes, chopped
- ¼ teaspoon salt
- Freshly ground black pepper, to taste
- 2 cups cooked chicken, shredded
- 8 corn tortillas

DIRECTIONS

1. Heat a skillet over medium heat. Add oil, onion, and garlic and cook gently. Add the cumin and stir to combine. Cook until onion is softened, about 5 minutes.
2. Add the thyme, bay leaf, and tomatoes. Cook until tomatoes break down and start to become a sauce. Season with salt and black pepper and cook gently for another 5 minutes.
3. Add the chicken, making sure it gets coated with the tomato sauce. Heat until the chicken is warmed through.
4. Remove from heat and set aside.
5. Warm corn tortillas and divide chicken among them.

Nutrition Facts	
4 servings per container	
Serving size	2 tacos
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 740mg	32%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 38g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 636mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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