



**Pacific Northwest
Canned Pears**
Always ripe. Always ready.

Chicken Tinga with Chipotle Pear Sauce

12 Servings

Ingredients

2 pounds boneless, skinless chicken breast
1/4 cup (2 ounces) olive oil
2 cups (9 ounces) sliced onion
2 tablespoons (1 ounce) chopped chipotle pepper in sauce
1 can (15 ounces) diced tomatoes, in juice, undrained
1 can (15 ounces) Pacific Northwest Canned Pears, sliced, undrained
1 cup (8 ounces) water
1 teaspoon garlic powder
1-1/2 teaspoons salt
1 bay leaf
3 cups (24 ounces) refried black beans
12 tostadas

Servings

Makes 12 servings

Nutrition

| | |
|----------------------|-------|
| <i>Calories</i> | 285 |
| <i>Total Fat</i> | 11g |
| <i>Saturated Fat</i> | 2g |
| <i>Cholesterol</i> | 55mg |
| <i>Sodium</i> | 722mg |
| <i>Carbohydrate</i> | 25g |
| <i>Fiber</i> | 6g |
| <i>Sugar</i> | 6g |
| <i>Protein</i> | 22g |
| <i>Calcium</i> | 57mg |
| <i>Iron</i> | 2mg |

Method

Heat oil in a large, deep skillet over medium heat. Add onions and sauté until tender. Add remaining ingredients, except black beans and tostadas. Simmer 30 to 35 minutes, or until chicken is cooked through.

Remove chicken and bay leaf. Discard bay leaf and let chicken cool 10 to 15 minutes. Continue to simmer the sauce to let it thicken.

Shred the chicken and add it back to the sauce. Stir to coat the shredded chicken in the sauce.

Spread each tostada with about 1/4 cup refried black beans and top each with a heaping 1/2 cup of Chicken Tinga.