

Chicken Tinga Lettuce Cups (Gluten-Free)

Ingredients

- 1 tbsp oil
- 1 large onion, thin slices
- 2 garlic cloves, minced
- 2 chipotle chiles in adobo, minced + 1 tbsp adobo sauce (use a gluten-free brand or substitute 1–2 tsp chipotle powder)
- 1 tsp dried oregano
- ½ tsp ground cumin
- 1 can (14 oz) crushed tomatoes
- ½ cup gluten-free chicken broth
- 3 cups cooked shredded chicken (rotisserie is fine; check seasoning)
- 1 tsp salt, or to taste
- 12 large butter-lettuce leaves (or certified GF corn tortillas)
- Toppings: diced avocado, chopped cilantro, minced onion, lime wedges

Instructions (step by step)

1. Sauté base: Heat oil in a skillet (medium). Add onion; cook 4 minutes until soft. Add garlic; cook 30 seconds.
2. Spice and smoke: Stir in chipotle + adobo (or chipotle powder), oregano, and cumin; cook 30 seconds.
3. Make sauce: Add crushed tomatoes and broth. Simmer 5–7 minutes until slightly thick.
4. Add chicken: Stir in shredded chicken and salt. Simmer 5 minutes so the chicken absorbs the sauce. Taste and adjust salt/smoke/heat.
5. Assemble: Spoon warm tinga into lettuce leaves. Top with avocado, cilantro, onion, and a squeeze of lime.

Benefits

- Lean protein with low carbs when served in lettuce cups.
- Capsaicin from chipotle may support metabolism.
- Gluten-free when adobo and broth are GF or when using chipotle powder.