

# Chicken Verde



**Plan Z Phase:** This is a Z2 (ZReduction) recipe and Zola to GO! This is going to taste just like a traditional enchilada without the tortilla. The ZReboot people even get to have the ooey, gooey cheese topping. If you have Mexican food fans in your family this is a hit!

**Servings:** Serves 4

## **Ingredients:**

### **For the chicken**

- 3 boneless, skinless, chicken breast pieces
- 1 cup organic chicken broth
- 1-1/2 cups of water
- 1 clove of minced garlic (jar garlic will work)
- 1 good grate of sea salt

### **For the sauce**

- 1-1/2 lb of tomatillos (Peel them. They will be sticky. Don't worry. Then cut them in quarters.)
- 3 serrano peppers chopped (Take off stem and cut crosswise into slices. You can even add the seeds. Careful not to

get juice in your eyes.)

- 1 clove of garlic, minced
- $\frac{1}{2}$  of a medium white onion, chopped
- 1 cup of chicken broth

### **For Toppings**

- chopped tomato bits
- chopped red or white onion
- minced cilantro

### **For Z3**

- Grated cheese. Cheddar, Chihuahua or Mexican blend.
- Sour cream (optional)

### **Instructions:**

For the chicken. Get out a medium sauté pan. Add the chicken and other ingredients. Bring to a boil to poach the chicken. Boil for approximately 15 minutes, turning once, until no pink remains. Set aside until cooler. Then shred with two forks. To make this easy, first I slice it in 1/2 " slices. Then just pull at the slices with the two forks. Work across the grain and it pulls right apart. (If you have kids, get them to shred it. That's a good cooking lesson. A nearby spouse can do this too!)

While the chicken is cooking you can make your sauce.

Get out a large sauce pan. Put in the tomatillos, onion, peppers, and garlic. Cover with just enough water so they float. Bring to a boil. Cook on low boil for about 10 minutes until the tomatillos go from bright green to mossy green and until they are fairly soft. Strain them along with the onion.

Then put in your blender with the last portion of chicken broth. The mixture will be hot, so be careful when you go to blend them

into a sauce. I put the top on tight, vent it (take out that round plug in the middle), cover with a folded kitchen towel. Hold it down tightly and then turn on low. The hot air pressure has to escape so be careful. If you keep it low you should be fine. Don't make the mistake of blasting it or you'll be scraping green slime off your ceiling!

Put the shredded chicken in a bowl. Pour one cup of hot tomatillo sauce in and stir it all up. (You might have to re-heat this mixture if it's been hanging around a while). There will be extra sauce for garnish or for those who want extra.

To serve. Get out soup bowls. Put a cup of chicken mixture in the bowl. Top with a little extra tomatillo sauce. Then put on grated onion, cilantro and chopped tomato. This will likely be your protein and veggie portion, depending on how much you garnish it.

For the ZR3 version, the only difference is serving and cheese. When you put the chicken in the bowl I'd put a nice layer of cheese on top and pop it in the microwave to melt the cheese. Then garnish with tomatoes, onion, cilantro and even a dollop of sour cream. I love the cold sour cream on top of the hot cheese and chicken.

Enjoy!

Cheers,