



Nonna Snowden Cooks

Laugh Hard. Cook Good. Fight Breast Cancer.



Shredded Chicken

Nonna Snowden recommends you visit her at www.nonnasnowdencooks.com and watch her “how to” videos on preparing several dishes. You can, also, visit [Nonna's YouTube channel](#) here. In the TAMALE video, Maw Maw Gwen teaches Nonna and The Dessert Lady (Cindy) how to make homemade tamales which includes the masa, shredded pork, shredded chicken, refried beans, red sauce, green sauce, guacamole, assembling the tamales, and finally, cooking the tamales. To make it easier on yourself, you can limit what kind of tamales you make (such as making only bean tamales). The recipes are separated out into their own pages. We hope you enjoy these recipes!

Ingredients:

1-2 lbs chicken quarters (dark meat is best) (See Note 1)
1 large onion (chopped)
1/4 to 1/2 cup minced garlic
1 1/2 tsp cumin
2 tbsp Jacobsen Ghost Chili Salt
Olive Oil
2ish cups Tomatillo Green Sauce (See Note 2)

Preparation:

1. Put chicken (with skin and bones) into large pot.
2. Add onion, garlic, cumin, ghost chili salt.
3. Fill pot with water and boil chicken for 30 mins. (See Note 3)
4. Let chicken cool and pull chicken meat and skin off bones. (See Note 1)
5. Pull meat apart to shred chicken.
6. Coat a frying pan or pot with olive oil and heat
7. Add shredded chicken to the pan or pot and Tomatillo Green Sauce.
8. Mix sauce & chicken and let simmer.
9. Simmer until all excess water has evaporated.
10. Check chicken to ensure it is cooked.

Note 1: You can use boneless or bone-in chicken parts. MawMaw Gwen uses bone-in because she uses the bones to make chicken broth.

Note 2: See a separate recipe the Tomatillo Green Sauce.

Note 3: Chicken may not be entirely cooked through. Check it if you are going to eat it at this point. If you are making the pork for tamales continue to follow steps 3-7.

Nonna donates 50% of proceeds to JumpForTheRose.org.

