

## Chicken in adobo sauce

This recipe is a simple meal that can be put together any day of the week. It is very comforting and loaded with flavor.

Prep: 20 minutes

Cook: 30 minutes

Serves: 4-6

### Ingredients:

- 1 medium onion chopped
- 3 garlic cloves chopped
- 1 tablespoon of avocado oil
- 1 cup of diced tomatoes
- 2 chipotle peppers in adobo sauce
- 1 cup of chicken broth
- 1 teaspoon of ground cumin
- 1 teaspoon of thyme
- 1 teaspoon of oregano
- 3 tablespoons of apple cider vinegar
- 1 teaspoon of sea salt
- 4-6 chicken thighs bone-in or
- 6-8 chicken drumsticks
- 3 bay leaves
- 4 whole cloves
- 1/2 teaspoon of brown sugar



### Preparation:

1. Roughly chop onion and garlic.
2. Heat avocado oil, add onions, sauté until translucent, and add garlic.
3. Add diced tomatoes to onion and garlic mix. Sauté until slightly brown.
4. Remove two medium chipotle peppers from the can, and reserve sauce.
5. In a blender combine tomato-onion mix, chipotle peppers, chicken broth, all the dry spices, salt, and apple cider vinegar. Mix well until smooth.
6. Add salt and pepper to the chicken pieces.
7. In the onion and garlic pan slightly brown the chicken. This step adds extra flavor, you can skip it.
8. Add chipotle and spice mix to the chicken, add bay leaves, cloves, and brown sugar.
9. Let the chicken cook and simmer for approximately 25-30 minutes.
10. Adjust salt/sugar to your taste. If you want to add more heat, add a tablespoon of the adobo sauce from the chipotle peppers.

Nutrition Facts	
Per Portion	
<b>Calories</b>	182
Calories from fat	72
Calories from saturated fat	13.1
<b>Total Fat</b>	8.0 g
Saturated Fat	1.5 g
Trans Fat	0
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	3.0 g
<b>Cholesterol</b>	76 mg
<b>Sodium</b>	610 mg
<b>Potassium</b>	498 mg
<b>Total Carbohydrate</b>	7.3 g
Dietary Fiber	2.0 g
Sugars	1.6 g
<b>Protein</b>	21.2 g

## Mexican Cauliflower Mash

This cauliflower mash is just as good as your old regular potatoes.

Prep: 20 minutes

Cook: 30 minutes

Serves: 6

### Ingredients:

- 1 large head of cauliflower - chopped into small florets
- 1 cup chicken broth (stock), low sodium – hot
- 1/4 cup butter, unsalted
- 1/2 tsp paprika, smoked
- 1 tsp garlic powder
- 1/2 tsp black pepper
- 1/2 tsp sea salt, fine



### Preparation:

1. In a large pot on medium-high heat, boil water, enough to cover the cauliflower florets.
2. Add cauliflower and bring it to a boil. Reduce the heat and simmer for 15-20 minutes until the cauliflower is very tender.
3. Discard cauliflower water, and add chicken broth and butter to cooked florets.
4. With an immersion blender, blend cauliflower florets until desired consistency. Add more broth if required.
5. Add the cumin, paprika, garlic, salt, and pepper.
6. Mix well and serve.

Nutrition Facts	
Per Portion	
<b>Calories</b>	111
Calories from fat	73
Calories from saturated fat	45
<b>Total Fat</b>	8.1 g
Saturated Fat	5.0 g
Trans Fat	0
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
<b>Cholesterol</b>	20.2 mg
<b>Sodium</b>	285 mg
<b>Potassium</b>	476 mg
<b>Total Carbohydrate</b>	7.6 g
Dietary Fiber	2.6 g
Sugars	2.8 g
<b>Protein</b>	3.1 g