



Recipes

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Shredded Chicken

Serves 1

Ingredients:

1 whole (about 3 1/2 lb.) Chicken , cut into quarters

Water

Directions:

1. Place the chicken pieces in a medium stockpot and cover with water. Bring to a boil over medium high heat, cover and cook until chicken is cooked through, about 30 minutes.

2. Remove the chicken from the water and let cool.

Reserve the cooking liquid for the tomato sauce. Once the chicken is cool enough to handle, remove the meat from the bones and tear into shreds. Should yield about 3 cups of shredded meat.