

**Recipe Name: Chicken Ropa Vieja**  
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Recipe Categories: Main Dishes & Meats

**Ingredients:**

- 3 (22.5 oz) skinless boneless chicken breasts
- 1 small onion, quartered
- 1 tomato, quartered
- 1 carrot, peeled and chopped
- 2 cloves garlic, peeled
- 2 bay leaves
- kosher salt

To Finish:

- 1 tbsp olive oil
- 2 cloves garlic
- 1 small onion, sliced long
- 1 small green bell pepper, seeded and thinly sliced
- 1 small red bell pepper, seeded and thinly sliced
- 1/4 cup dry white wine (or chicken broth)
- 1/2 cup tomato sauce
- 1 tsp cumin
- 1/4 tsp garlic powder
- 1/2 tsp kosher salt, plus more to taste
- black pepper to taste

**Directions:**

Place chicken, 1 onion, tomato, carrot, and 2 cloves of garlic into crock pot. Add just enough water to cover, add bay leaves and salt and cook high for 4 hours until the chicken is tender. When done, remove chicken and shred with two forks; set aside. Reserve the broth.

In a large deep skillet, heat the olive oil over medium heat. Add the remaining garlic, onions, green peppers, and red peppers. Cook about 3 to 4 minutes, or until soft. Stir in the cooked chicken, tomato sauce, white wine, and about 3/4 cup of the reserved broth to create a sauce. Season with cumin, garlic powder, salt, and pepper. Cover and simmer on low for about 8 to 10 minutes, adding more broth and seasoning if needed. Makes 4 cups.