

CHICKEN TINOLA

(CHICKEN PAPAYA SOUP)

INGREDIENTS

- 1 (2 inch) piece **ginger**
- 2 cloves **garlic**
- 1 medium **round onion**
- 2 small **green papayas**
- 2 pounds **boneless, skinless chicken thighs** (about 6 thighs)
- 1 tablespoon **vegetable oil**
- 3 cups **water**
- 2 cups **malunggay leaves**
- 1 teaspoon **patis** (fish sauce)

DIRECTIONS

Always practice food safety when cooking.

- 1) Slice ginger in thin strips. Set aside.
- 2) Mince garlic. Set aside.
- 3) Cut onion into ¼ inch slices. Set aside.
- 4) Peel the papayas. A vegetable peeler works well for this. Remove the seeds and cut into 2 ½ inch chunks. Set aside.
- 5) Cut chicken in bite-size pieces.
- 6) Heat oil in a large pot on medium-high heat. Sauté chicken in hot oil for a few minutes.
- 7) Add ginger, garlic, and onion. Sauté until onion is soft and somewhat clear.
- 8) Add water. Cover and simmer on medium heat for about 30 minutes.
- 9) Add papaya chunks to chicken and cook for an additional 10 to 15 minutes or until papaya is tender but not mushy.
- 10) Add malunggay leaves.
- 11) Add patis, then stir.
- 12) Cover pot and turn off heat. Let stand for 1 minute.

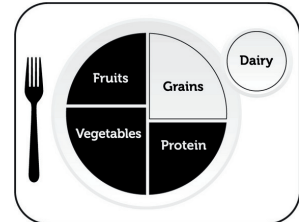
NOTES

- Chicken breasts can be used in place of chicken thighs for a leaner version.
- Ground chicken can be used instead of chicken pieces.
- More malunggay leaves may be added for a stronger flavor.
- Other vegetables, such as watercress or bok choy can be added.

45 minutes

8 servings
(1 serving = 1 cup)

low fat
low sodium



Nutrition Facts	
8 servings per container	
Serving size	1 cup (294g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 170mg	7%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 56mg	4%
Iron 1mg	6%
Potassium 539mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Adapted from Pacific Islands Cookbook