

SHREDDED CHICKEN FOR TACOS

Time: about 1 hour

- 2 pounds boneless chicken thighs
- 1 large white onion, peeled and quartered
- 5 cloves garlic, peeled and lightly crushed
- 2 bay leaves
- 1 tablespoon ground cumin
- 1 ancho or other mild dried chili, optional
- Salt and pepper to taste.

1. Combine all ingredients in a saucepan and add water to cover. Turn heat to high, bring to a boil, and skim any foam that comes to the surface. Partially cover and adjust heat so mixture simmers steadily. Cook until meat is very tender, about 30 minutes. Remove from liquid and cool.