

Filipino Adobo Chicken

This classic dish of the Philippines is made with braised chicken in a sauce made up of vinegar, soy sauce, garlic, and black pepper



INGREDIENTS

5 lbs chicken, dark meat, skinless, boneless, raw

2 tablespoon oil

1.5 cups white vinegar

1.5 cups low-sodium soy sauce

8 cloves garlic crushed

3 tablespoon brown sugar

2 teaspoon ground black pepper

3 bay leaves

Green onions for garnish, sliced

Yield 25 servings (Ages 3-5) • Serving Size: 2 oz

Heat oil in a large skillet over med-high heat. Season chicken with salt and pepper. Add the chicken to the pan and brown on both sides. Remove and set aside.

To the skillet, add the vinegar, soy sauce, garlic, black pepper, sugar, and bay leaves. Bring to a boil over med-high heat. Add the cooked chicken and reduce heat to low, cover, and let simmer for 30-35 minutes until cooked through and tender.

Remove chicken from pan onto a clean plate. Bring sauce to a boil over med-high heat and cook for about 5 minutes or until slightly thickened. (For a thicker sauce, mix together 1 ½ teaspoon cornstarch with 1 ½ teaspoons cold water. Pour into the boiled sauce and cook another 20-30 seconds until thickened.)

Remove the pan from the heat, discard bay leaves, and add the chicken back. Garnish with sliced green onions

Serve with brown rice.

CACFP Crediting: 1 serving provides 2 oz equivalent meat/ meat alternate