



Makes: 32 cups

Prep Time: 25 minutes Cook Time: 35 minutes

Total Time: 1 hour

## Ingredients

### Tortilla Cups:

- 4 (8-inch) flour tortillas
- 2 tbsp olive oil
- 1 tsp kosher salt

### Chicken:

- 4 boneless, skinless chicken breast halves
- 1 small white onion, quartered
- 2 large garlic cloves, peeled and smashed
- 1/4 cup coarsely chopped fresh flat-leaf parsley
- 3 fresh mint leaves
- 1 dried bay leaf
- 1 tsp kosher salt

### Bean Mixture:

- 1 tsp vegetable oil
- 2 cups canned black beans, rinsed and drained
- 1 tsp ground cumin
- 1 cup ketchup
- 2 tbsp honey
- 2 tbsp orange juice
- 2 tbsp soy sauce
- 2 tbsp sherry vinegar
- 1 tbsp chipotle chilis in adobo sauce, chopped

### To Finish:

- 1 cup guacamole, homemade or store-bought

## Instructions

### Tortilla Cups:

Preheat the oven to 400°F. Coat a standard size muffin tin with non-stick cooking spray. Brush both side of the tortillas with olive oil and sprinkle with salt. Cut each tortilla into 8 wedges.

Working in batches, mold each tortilla triangle to fit the muffin cups and bake 7-8 minutes until crisp and golden. Remove from muffin tin and set aside.

### Chicken:

In a large pot, combine all of the ingredients for the chicken. Add 8 cups of water and bring to a boil over high heat. Reduce heat and simmer covered for 10 minutes. Turn heat off and let sit covered an additional 10 minutes. Remove chicken from broth, allow to cool slightly and then shred chicken.

### Beans:

In a medium saucepan, heat oil over high heat. Add beans and cumin, stirring 1 minute. Add remaining ingredients. Lower heat to medium and continue to cook until sauce is syrupy, about 5 minutes. Add shredded chicken, stir to coat, and remove from heat.

### To Assemble:

Top each baked tortilla cup with a heaping spoonful of the chicken and bean mixture followed by a dollop of guacamole. Serve immediately.

*Recipe from Bite Me More*