

## Adobo Chicken

3 tbs. apple cider vinegar  
¼ cup low-sodium soy sauce  
1 jalapeño pepper, seeds and membranes removed, chopped  
2 lbs. boneless, skinless chicken breasts (about 3 large)  
1 tbs. canola oil (or vegetable oil)  
1 yellow onion, diced  
5 garlic cloves, minced or pressed  
2 tbs. agave (or honey)  
¼ tsp. Kosher salt  
¼ tsp. freshly ground black pepper  
1–2 bay leaves  
3 tbs. chicken stock (or water)

Marinate chicken in apple cider vinegar, soy sauce, and jalapeño in a large glass dish or Ziploc bag overnight in the fridge (or 8 hours before cooking).

Remove from fridge while you prepare the sauce. Heat 1 tbs. canola or vegetable oil over medium-high heat in a large nonstick skillet or Dutch oven. Remove chicken from marinade (reserving marinade) and brown on both sides (about 3 minutes per side). Remove browned chicken to a plate. Add the onion to the pan and sauté until softened (about 8 minutes). Add in the garlic and sauté another minute.

Add in the marinade, stirring to scrape the bottom. Next, add the agave, Kosher salt, pepper, bay leaves, and chicken stock to the pot. Reduce heat to medium-low, partially cover, and simmer until chicken is cooked through (about 25 minutes).

Discard bay leaves and serve over Cheesy Polenta ([on my blog](#)) or steamed white rice.



<https://pineapplehouserules.com/>