

## Let's Make Hearty Soups February 2015

### Fiesta Chicken Soup

Servings: 6-8

#### Ingredients for Crock Pot:

- 1 whole chicken, giblets removed
- 2 quarts water
- 1 onion, in quarters
- 1 celery stalk, in chunks
- 1 carrot, in chunks
- 3 garlic cloves, whole

#### Salsa:

- 1 bunch green onions, chopped
  - 1 bunch cilantro, chopped
  - 1 28-oz can diced tomatoes or 4 cups diced fresh tomatoes
- Combine all ingredients in a bowl and mix gently.

#### Ingredients for Soup Pot:

- 3 tablespoons fat (butter, lard, tallow, or chicken fat)
- 1 onion, chopped
- 1 red bell pepper, chopped
- 2 stalks celery, chopped
- 3 garlic cloves, finely chopped
- 2 teaspoons cumin, ground
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon red pepper (paprika or cayenne)
- 1 10-oz package frozen corn
- 4 cups chicken meat, chopped into  $\frac{1}{2}$ -inch pieces
- 2 quarts chicken broth

#### Directions for Soup:

- 1) Place chicken in crockpot with onion, celery, carrot, and garlic. Cook on high for 1 hour, then turn to low for 8 to 10 hours.
- 2) Remove chicken from crockpot and cool. Remove veggies and discard them. Harvest broth and cool. Separate chicken meat from the bones and skin. Reserve the bones for bone broth. Reserve chicken skin for use in a chicken gravy.
- 3) In soup pot sauté veggies (onion, red bell pepper, celery, garlic) in fat of choice until onion is softened. Add spices (cumin, salt, black pepper, red pepper).
- 4) To soup pot add chicken broth, chicken meat, frozen corn. Allow to heat through for 15-20 minutes until soup is hot and corn is cooked.
- 5) As you serve the soup, top each bowl of soup with a couple of tablespoons of salsa. Tortilla chips or fried tortilla strips also make a delicious garnish.

**Alpine Ranch Creative Health & Ecological Solutions, Inc** a 501(c) (3)  
[www.archesinc.org](http://www.archesinc.org)

*"Cultivating sustainability and community through ecology,  
nutrition and the arts."*