

From Kathryn's Kitchen
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Chicken Lime Soup

Prep Time: 15 minutes

Cook Time: 1 ½ hours

Servings: Eight (2 cups each)



Ingredients:

- 2 tbsp. extra-virgin olive oil
- 1 sweet Vidialla onion, diced
- 2 stalks celery, diced
- 1 jalapeño pepper, diced
- 4 cloves fresh garlic, minced
- 2 skinless, boneless chicken breast
- 64 ounces organic chicken bone broth
- 2 15 oz. cans diced tomatoes w/chilies
- 1 tsp. dried oregano
- ½ TBSP cumin
- 10 ounces frozen, chopped spinach
- 1 lime
- ½ bunch cilantro, rinsed and chopped
- 1 avocado, sliced

Directions:

Dice onion, celery, jalapeño pepper; mince garlic and add all to olive oil in 8-quart stockpot over medium heat; sauté about 5 minutes or until tender. Add the canned tomatoes, oregano, and cumin to the pot and simmer 2 minutes. Add chicken broth and chicken breast. Bring to a boil over high heat and then reduce heat to low; cover and simmer for one hour. Remove chicken breast from the pot; add frozen spinach and while it simmers, use two forks to shred the chicken and return chicken to the pot. Remove from heat. Squeeze the juice of one lime into the soup, add chopped cilantro, and stir. Divide into eight glass bowls (2-cups each) with lids and refrigerate.

To Serve: re-heat individual servings as needed and top with a slice of avocado.



Enjoy,
Kathryn

