

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Slow Cooked Chicken Rice Soup

Chicken soup's good for you, especially if a nasty cold's got you down. Here's a version you don't have to be sick to enjoy! Doubles as chicken tortilla soup too...

*1-2 Tbsp light olive oil
1½ lb fresh chicken breast meat, cubed
½ small yellow onion, chopped
2 stalks celery, chopped
kosher salt and black pepper
4 cans (15 oz) low-sodium chicken broth
¾ lb carrots, chopped across
1 can (11-15 oz) whole-kernel corn,
drained
1 can (15 oz) petite-diced tomatoes,
with juice
1 tsp dried oregano (or Italian herbs)*

*1-2 tsp poultry seasoning, to taste
½ tsp ground sage
¼ tsp red pepper flakes
¼ tsp ground ginger
¼ tsp cumin powder (optional)
½ cup uncooked jasmine rice
fresh tortilla chips (or corn)
1 large Haas avocado, sliced
1 lime, in wedges
1-2 Tbsp cilantro leaves
Grated Asadero or Panela cheese*

Warm oil over medium-high heat in a large skillet. Add chicken pieces and sauté until partially cooked. Add in onion and celery and continue cooking, with stirring, until chicken is cooked through and onion is translucent, about 4-5 minutes. Season to taste with salt and pepper. Transfer to a large (4-5 quart) slow cooker and set for high heat.

Add chicken broth, corn, tomatoes and spices to slow cooker and cook for 1 hour on high. Turn cooker down to low and cook for about 6 hours. An hour before serving, add rice and stir in. (Put the rice in too early and you'll get gruel; tasty, but different.)

To serve: Ladle soup into large, festive bowls and garnish as desired.

You don't need to add cumin if you don't want a Latin flair. Lots of other garnishes and accompaniments can be used: Olives, sour cream, chives, basil, ...

Yield: Eight to ten servings

Preparation time: 15 minutes

Cooking time: 7-8 hours; it's a slow cooker, okay?

