

MEXICAN CHICKEN SOUP



Makes 6-8
Servings



Cooktime:
90 minutes



Category:
Mains



INGREDIENTS

- 3 tbsp olive oil
- 10 garlic cloves, minced
- 6 boneless chicken thighs
- 10 cups chicken or vegetable broth
- 3 jalapeno peppers, seeds removed and sliced
- 2 tbsp dried oregano
- ½ tsp cumin seeds
- garnish with cilantro, avocado, lime, tortilla chips

DIRECTIONS

Begin by adding the olive oil and garlic to a large pot. Cook over medium heat until garlic is lightly browned and roasted.

Next, add chicken thighs to the pot, and cook them until they are lightly browned on both sides.

Once the chicken thighs are lightly browned on both sides, add the broth and oregano. Turn down the heat to medium-low, cover your pot, and cook for about an hour, or until chicken has lost its rubberiness and starts to break apart easily.

Once the chicken has been tenderized, add the tomatoes and jalapeno peppers, and cook for an additional five minutes, then remove the soup from heat.

Once the soup has cooled slightly, taste it. Depending on the broth you used, you may need to add salt.

Before serving, top each soup bowl with a small handful of chopped cilantro, half a sliced avocado, the juice of half a lime, and a handful of tortilla chips. Serve and enjoy!