



## **Columbian Chicken Soup**

Serves 4-6

### **For the Soup Stock:**

1 5 Lb Whole Chicken  
1 Medium Onion, Cut in Quarters 3 Carrots  
3 Celery Stalks  
1 Bunch Cilantro  
2 Tbsp Fish Delish

### **For the Soup:**

Reserved Stock (or 6 Cups Chicken Store Stock/Broth) 1 Small Minced Onion

1/2 Bunch Parsley, Chopped

Reserved Chicken Meat, Shredded

1 Tbsp Fish Delish

2 Whole Corn Cobs, Cut into Thirds

6 Large Red or Yellow Potatoes, Cubed 3 Carrots, Sliced Thinly

3 Celery Stalks, Sliced

### **For Salsa Topping:**

1/2 Red Bell Pepper 2 Jalepenos

1/2 Bunch Parsley Dash Olive Oil

In a large stock pot place the carrots, onion, celery and cilantro on the bottom of pan and place chicken on top. Add water to cover. Simmer with lid, for 1 hour. Remove chicken and let cool slightly. Remove the meat from the bones and return bones to stockpot and simmer for another 1 1/2 hours.

Strain the broth, discarding the solids, into a clean pot. Add sliced carrots, Onion and celery, diced potatoes, corn cob slices, parsley, Fish Delish and reserved chicken meat. Simmer for about 20 minutes until potatoes are soft.

To make the Salsa Topping place all the ingredients into a food processor and process until just combined. You don't want it as a paste!

I also cut up a couple of corn tortillas, sprayed gently, tossed with a little salt and baked at 400o for about 5 minutes. Use this as a crunchy component.

Enjoy!