

Tlalpan Style Soup—Caldo Tlalpeño

Ingredients (serves 8 to 10)

- 2 halves chicken breast (optional;
¼ onion, ½ tsp salt and water as needed)
- 2 tbsp vegetable oil
- ½ onion
- 1 clove garlic
- 2 carrots
- 1 sprig celery
- 2 cups green beans
- 1 large zucchini
- 1 sprig cilantro
- 2 tbsp tomato paste
- 1 bay leaf
- 6 cups broth (vegetable, chicken or even water will do in a pinch)
- 4 cups cooked chickpeas (or 2 cans, drained)
- 2-4 cups water, as needed
- Salt and pepper to taste

Toppings

- 2 avocados, diced
- 1 cup light feta cheese, in small cubes or crumbled (or omit for vegan)
- 2-3 limes, sliced in half
- 1 can chipotle peppers, with their sauce
- 1 bag corn chips (preferably yellow corn)



If using chicken, place halves in a pot along with the onion, salt, and enough water to cover the chicken. Bring to a boil over high heat, then cook on medium-low for about 35 minutes, partially covered, until cooked. Remove breasts, discard skin and bones, and shred and reserve meat. The broth may be strained and used in the soup, discarding onions and anything else caught in the strainer. Meanwhile, finely chop onion, and peel garlic clove. Wash all vegetables, then: peel and dice carrots; remove leaves and fiber, and dice celery; trim beans and slice into short cylinders; dice zucchini; pat cilantro dry. In a large pot, heat the vegetable oil and sauté onions in medium heat until translucent. Mince garlic and add to the onions, stirring for about one minute. Incorporate next five ingredients in order, stirring in between for about 2 minutes. Add tomato paste and bay leaf; gently stir while pouring broth, until tomato paste is dissolved. Add chickpeas and enough water to achieve a good balance of liquid and solid ingredients, as well as salt and pepper, to taste. Bring to boil and then simmer for at least 20 minutes, until the carrots are cooked. Discard bay leaf. Serve piping hot into bowls, with shredded chicken (if using), topping generously with broth. The toppings are served on the side; each person may add avocado, cheese (if using), crushed chips and lime juice to their bowl of soup, and spiciness to taste from the chipotle peppers and sauce (at their own risk!)