

Chicken Soup with Vegetables

Caldo de pollo con verduras

Ingredients (for 6 to 8 portions)

- 1 chicken (preferably organic); cut into pieces
- Water, as needed
- 1 white onion; peeled and halved
- 1 bay leaf
- 2 tbsp vegetable oil
- 2 carrots
- 2 sprigs celery
- 3 potatoes
- ¼ large cabbage
- Salt and black pepper, to taste
- 1 bunch cilantro
- ½ cup unripen cheese (such as panela, or light feta); crumbled (optional)
- 1 avocado (optional)
- 2 limes



Cook and prep chicken meat and broth: Place chicken pieces in a large pot, cover with water, then add one half onion, and bay leaf. Bring to boil over high heat, then reduce to medium, cover, and cook for 30 to 40 minutes, until the chicken is fully cooked and tender. Remove chicken pieces from the pot; discard skin and bones, shred meat, and reserve. Strain broth through a mesh, and reserve.

Prepare veggies: Wash everything. Peel carrots, remove ends, cut in half lengthwise, then slice. Peel potatoes and cut into small cubes. Remove ends from celery and slice; cut cabbage into wedges, 2 in (5 cm) long. **Cook soup:** Warm up oil in a large pot over medium/high heat. Add carrots and sauté for a couple of minutes, stirring. Add celery and continue cooking for one minute. Add potatoes, cooking and stirring for two more minutes, then add reserved broth (photo below, left). If needed, add hot water, to completely cover the veggies. Tuck in cabbage wedges (second photo, below). Season with salt and pepper, to taste. Bring soup to boil, then reduce heat to medium, and cover pot. Allow to cook for another ten to fifteen minutes, until the potatoes are tender.

Prepare toppings: Meanwhile, chop the other half of the onion and the cilantro, and slice limes into wedges or halves. If using, right before serving, wash, peel and slice avocado. Arrange all toppings at the table, including the crumbled cheese, if using (third photo, below). **Serve:** Check potatoes with a fork, to make sure they are fully cooked. Check seasoning, and adjust with more salt and/or pepper, as needed. Place one portion of the reserved shredded chicken in a bowl, then fill with a wedge of cabbage, more vegetables, and broth from the pot (photo below, right). At the table, each person may add toppings and lime juice, to taste (photo at the top).

