

*You could certainly make this recipe with chicken breasts, but thighs have much more flavor.
And if you really like spicy food, increase the cayenne and jalapeño, since this soup is
just middle-of-the-road spicy.*

Spicy Chicken, Tomato & Garlic Soup

6 cups chicken broth, homemade or canned
2 cups water
1½ pounds skinless, boneless chicken thighs,
trimmed of excess fat
16 cloves garlic, peeled
2 cans (14.5 oz. each) no-salt-added
diced tomatoes
3 yellow or red bell peppers,
cut into small squares
1¼ tsp. cumin
¾ tsp. salt
½ tsp. cayenne pepper
¾ cup rice
6 Tbsp. minced cilantro
3 Tbsp. lime juice
1 Tbsp. minced pickled jalapeño



1. In a large saucepan, combine the broth and water. Bring to a boil, add the chicken and garlic, and reduce to a simmer. Cover and cook until the chicken is just cooked through, about 10 minutes. Remove the chicken and set aside. When cool enough to handle, cut into bite-size pieces.
2. With a slotted spoon, transfer the garlic to a food processor or blender along with ½ cup of the broth and puree until smooth.
3. Add the garlic puree to the pan along with the tomatoes, bell peppers, cumin, salt and cayenne. Bring to a boil, stir in the rice, and reduce to a simmer. Cover and cook until the rice is tender, about 15 minutes.
4. Return the chicken to the pan along with the cilantro, lime juice and jalapeño, and cook just until heated through, about 1 minute.

Makes 6 servings

Total time: 50 minutes

Per serving: 302 calories, 5 g fat, 33 g carbohydrates (3.4 g fiber), 30 g protein.

