



SIMPLE QUAD MEAL IDEAS COMPLIMENTS OF VITAL HEALTH

Caldo de Pollo (Mexican Chicken Soup) with Avocado and Tomato Slices

Caldo de Pollo

Recipe adapted from eatnourishing.com

Spice Blend – combine the following in a small container:

½ to 1 Tbs. sea salt
 Garlic powder, to taste
 Crushed black, red and white peppercorns, to taste
 1 Tbs. (or more) cumin
 1 Tbs. (or more) chili powder
 ½ Tbs. paprika

Other Ingredients:

1 to 1 ½ pounds pastured chicken breast or thighs, cubed
 1 small chopped onion
 1 medium cabbage, chopped
 3-4 small red potatoes, cubed
 3-4 carrots, sliced
 2 zucchini, diced
 4-5 garlic cloves, peeled, smashed, minced

1 (14.5 ounce) can stewed tomatoes, undrained OR fresh tomatoes diced
 32 ounces homemade chicken broth
 1 tablespoon fresh organic cilantro, chopped, stems removed
 Lime wedges
 Avocado slices
 Tomato slices

Instructions:

- Season cubed chicken breast or thigh with a pinch or two of your seasoning blend.
- In a bit of butter, pastured lard or coconut oil, brown and cook chicken over medium heat in a large Dutch oven or stockpot until chicken is tender.
- Add onions and saute lightly. Add a touch more fat if needed.
- Add cabbage, potatoes, zucchini, carrots, garlic and tomatoes and the remaining seasoning blend.
- Stir to coat all evenly and cover to sweat the veggies for 10-15 minutes. Adjust your cooking temperature so that you can only hear a gentle sizzle during the sweating process (not a loud sizzle).
- Stir occasionally to prevent sticking/burning and add a touch of chicken broth if liquid from veggies is not sufficient. You don't want to add too much or the veggies will boil and not sweat their flavors.

- After 10-15 minutes, the veggies will have reduced by about half the volume. Add the remaining chicken broth, stir and cover. Simmer for 30-45 minutes.
- Add cilantro during the last couple minutes of cooking. Garnish with lime wedge.

Serve with avocado and tomato wedges.

Enjoy!