

Southwestern Chicken Soup

Ingredients:

1 package Organic Chicken breasts, thin sliced
1 carton of Free-Range Chicken Stock
1 can, 15 ounces, tomatoes, whole or diced
1 red and green pepper, sliced thin
2 small carrots, chopped med.
2 celery, chopped med.
1 spanish onion, sliced small
4 cloves garlic, minced
½ cup black beans, uncooked
¼ medium wild rice, uncooked
2 corn on the cob, or ¾ bag of frozen corn
Salt & Pepper
1 Tablespoon of tamari
Fresh Cilantro to taste
Olive oil for sauté
Spices: Chili powder, ginger, coriander, oregano, cumin
Optional: mild or strong chili pepper

Procedure: Preheat oven to 350 degrees

Put black beans up to boil and then simmer 40 mins., or until medium soft.
Put up 3 cups of water to boil for rice, add wild rice and slow boil for 40 mins.
Bake chicken on a rack for 25 mins, cool set aside
Prep veggies, set aside. Sauté onion and garlic until soft, add spices, stir in peppers. Cook 1 min. more
Add tomatoes cook for 15 mins., add stock, cooked beans and rice (by eye)
Slice chicken into slivers, add to soup, s&p to taste, add tamari
Add corn and chicken, cook for 10 mins, and adjust seasonings. Add fresh cilantro on top.

