



Colombian Chicken Soup



Gluten Free



Dairy Free

READY IN



115 min.

SERVINGS



10

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds chicken thighs and legs skinless rinsed well
- ☐ 1 large onion white yellow chopped
- ☐ 1 pound russet potatoes diced peeled
- ☐ 5 garlic cloves minced
- ☐ 10 servings salt
- ☐ 1.5 quarts water
- ☐ 1 quart chicken stock see
- ☐ 1 tablespoon cumin

- ☐ 3 bay leaves
- ☐ 2 pounds potatoes
- ☐ 2 ears of corn fresh
- ☐ 4 scallions light white green (and parts only)
- ☐ 2 roma seeded chopped
- ☐ 2 chiles fresh red seeds removed (wear gloves, do not touch your eyes!) hot
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 3 Tbsp juice of lime
- ☐ 0.3 teaspoon kosher salt
- ☐ 10 servings garnish: capers sour

Equipment

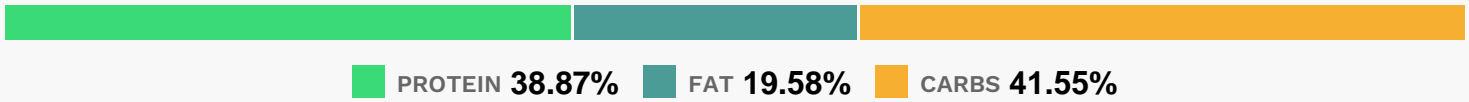
- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Put the chicken, diced russet potatoes, chopped onion and garlic in a large (at least 8 quart) stock pot and add 1 1/2 quarts of water and the quart of chicken stock.
- ☐ Bring to a boil over high heat and then reduce the heat to a vigorous simmer.
- ☐ Add the cumin, bay leaves and salt to taste. Simmer this until the meat wants to fall of the bones of the chicken — anywhere from 45 minutes to 1 hour, 15 minutes.
- ☐ Remove the chicken and bay leaves and purée some of the soup base: When the chicken is ready, remove it and the bay leaves from the soup and set in a large bowl. If you are going to puree the soup base with an immersion blender or by putting the soup into a regular blender in batches, do so now.
- ☐ Simmer soup base with additional potatoes:
- ☐ Pour the pureed soup base back into the pot and bring to a very gentle simmer.

- ☐ Add the second batch of potatoes and cook until tender, about 20–40 minutes, depending on size.
- ☐ Shred the chicken meat off the bones: While the potatoes are cooking, shred the meat off the chicken bones and set aside.
- ☐ Make the salsa: Pulse all the ingredients in a food processor until they're finely minced.
- ☐ Transfer to a serving bowl.
- ☐ Cook the corn in the stock: Drop the pieces of corn on the cob into the simmering soup and cook for 5 minutes.
- ☐ Serve the soup with the salsa, capers, sliced avocados, sour cream, and cilantro in separate bowls.
- ☐ Let people add garnishes to their own servings.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:19, Inflammation Score:-6, Nutrition Score:22.845652310745%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg

Nutrients (% of daily need)

Calories: 336.79kcal (16.84%), Fat: 7.34g (11.3%), Saturated Fat: 1.83g (11.44%), Carbohydrates: 35.06g (11.69%), Net Carbohydrates: 31.25g (11.36%), Sugar: 5.28g (5.86%), Cholesterol: 132.11mg (44.04%), Sodium: 585.6mg (25.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.79g (65.59%), Vitamin B6: 1.21mg (60.25%), Vitamin B3: 11.13mg (55.65%), Vitamin C: 40.59mg (49.2%), Selenium: 33.82µg (48.32%), Phosphorus: 392.01mg (39.2%), Potassium: 1171.05mg (33.46%), Vitamin B2: 0.4mg (23.59%), Vitamin B5: 2.24mg (22.36%), Vitamin B1: 0.32mg (21.49%), Magnesium: 84.09mg (21.02%), Vitamin K: 20.78µg (19.79%), Zinc: 2.84mg (18.94%), Manganese: 0.37mg (18.57%), Iron: 3.19mg (17.73%), Copper: 0.35mg (17.64%), Fiber: 3.8g (15.22%), Vitamin B12: 0.87µg (14.51%), Folate: 49.77µg (12.44%), Vitamin A: 350.17IU (7%), Calcium: 56.3mg (5.63%), Vitamin E: 0.52mg (3.44%)