

Recipe – Chicken and Lime Juice Soup

Ingredients:

- 1 chicken, about 5 pounds
- 2 quarts stock
- 2 white onions, chipped
- 2 cups chopped celery
- 2 cup chopped carrots
- 3 TBS chopped garlic
- 2 consteno peppers, chopped, or 1 tsp pepper flakes
- juice of 4 limes
- 1 – 2 TBS Better than Bouillon organic chicken soup base
- ½ bunch cilantro, chopped
- 3 avocados, chopped
- corn tortillas cut in strips
- Old Bay seasoning

Directions:

Place the chicken in a large pot with 2 quarts of stock plus half each of the onion, celery and carrots. Simmer an hour and remove from the broth. Strain the liquid. Take chicken off the bones. Discard vegetables, bones and skin and shred or pull the chicken meat.

Saute the rest of the vegetables until a little golden. Add the broth and chicken bouillon base. Simmer for a few minutes, then add the meat, peppers and lime juice. Simmer a few minutes. Add water as necessary to get a thick soup.

Sprinkle the shredded tortillas with a little Old Bay and some olive oil and bake at 350 degrees for a few minutes, until it crisps.

To serve: add cilantro, avocado and strips of corn tortilla.

Serves 6 – 8.