

Mexican chicken soup

This soup uses organic chicken legs which are the cheap and cheerful way of getting organic chicken into you. In this 2 step process we make the stock from the legs and you eat the meat. This is a pretty simple version of Mexican chicken soup but it delivers on flavour and nutrition so you will hopefully make it again and again.

INGREDIENTS

Serves 4 - 8

12 organic chicken legs **OR** 1 whole chicken
2.5 litres water
olive/ peanut oil or chicken fat
1 large brown onion, diced#
2 carrots, diced
2 sticks celery, diced
3 cloves garlic, crushed
1 large red capsicum, diced
2 large cobs corn, halved
1 tablespoon ground cumin
1 tablespoon smoked paprika
2 teaspoons ground coriander

2 teaspoons chipotle chilli in adobe sauce
400g canned or fresh tomatoes, pureed
1 can black beans, rinsed, drained
1 bunch sliced Spinach, roots n' all
fresh coriander roots and stems

To serve

Full cream greek yogurt ¼ cup pp
grated cheese 30g pp, optional
jalapeño peppers to garnish
fresh coriander leaves
Guacamole or diced avocado
corn chips (optional)

METHOD

1. Place chicken into a large (10 litre) saucepan with the water* and bring to the boil. Reduce and simmer for 2 hours. Once chicken is falling off the bone, transfer to a large container and place in the fridge until cool enough to handle.
2. Remove meat from bones, transfer back to the container and refrigerate.
3. Return the bones to the saucepan with the corn cobs. Simmer for 20 minutes and remove the corn cobs. Cool and remove kernels. Add to the chicken. You can add the naked cobs back in to the pot if you like.
4. Simmer the bones for a further 1 - 1½ hours.
5. Remove naked cobs. Strain soup back into the large container on top of the chicken. Discard bones (you can feed the skin and cartilage to your pets.)
6. Rinse saucepan and sauté the onion, carrot and celery for 10-15 minutes in a little peanut or olive oil (or the fat from the chicken stock).
7. Add red capsicum and garlic, stir to coat in oil.
8. Add spices and stir until fragrant.
9. Add chilli, tomatoes and chicken stock (and coriander if using) and bring to the boil. Reduce and simmer for 20 minutes.
10. Meanwhile, cut or shred the chicken.
11. Add the black beans, corn, chicken and spinach to the pot and warm through before serving with yoghurt, cheese and jalapeños.

#dice all veg the size of the corn kernels i.e. small.

*If you have any veg you need to get rid of, dice and throw them in with the chicken in step 1 as they will add flavour and nutrients and can be strained out later.