

*From the recipes posted in the Garden of Grace
on the Northern Kentucky Herb Society Web Site*

10/29/2009

SOUTH-OF-THE-BORDER CHICKEN SOUP

Makes: 16 cups - 8 servings.

8 medium potatoes	1 tsp whole pepper corns
8 chicken breasts	1 can (16 oz) whole kernel corn, drained
3 carrots cut in bite sized pieces	2 tsp salt
2 medium onions cut into quarters	¼cup fresh lime juice (about 2 large limes)
10 cups water	2 ripe avocados, cut into ½ in pieces
5 sprigs fresh cilantro	Tortilla chips
2 bay leaves	Lime wedges

Peel potatoes into an 8-qt Dutch oven, combine chicken, peeled potatoes, carrots, onions, water, cilantro sprigs, bay leaves and pepper corns; heat to boiling over high heat. Reduce heat; cover and simmer until chicken is done and veggies are tender, about 35-40 minutes.

Stir corn and salt into chicken mixture. Just before serving add lime juice and chopped cilantro. Serve with avocado, tortilla chips, and lime wedges.

