

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Chicken Enchilada Soup

From www.melskitchencafe.com

The base of the soup is made up of veggies (potatoes, butternut squash, red pepper) and then blended to a silky smooth consistency before adding in the tender chicken, beans and various other ingredients. You can leave out the beans if you prefer, or the cup of sour cream at the end, and the soup will still be delicious!

- 2 quarts (8 cups) organic chicken broth
- 2 pounds boneless skinless chicken breasts (about 3-4 chicken breasts)
- 1 (3.5 ounce) can chopped green chiles
- 1 large yellow onion, peeled and quartered
- 4 medium russet potatoes, peeled and quartered
- 1 red bell pepper, cored, seeded and cut into large chunks
- 3-4 cups butternut squash cubes (from about 1/2 of a medium butternut squash, peeled and cut)
- 3 cloves garlic, chopped
- 1 teaspoon salt
- 1 1/2 teaspoons cumin
- 1 cup sour cream (optional)
- 1 (8 ounce) can tomato sauce
- 2 cans white beans, like Great Northern, rinsed and drained
- 2 tablespoons taco seasoning

1. In a large pot, add the chicken broth, chicken breasts, green chiles, onion, potatoes, pepper, butternut squash, garlic, salt and cumin. Bring the mixture to a boil and simmer, covered, until the chicken is cooked through and the vegetables are tender, about 20 minutes. If there doesn't seem to be enough liquid for the vegetables/chicken to boil in, try adding in 1-2 cups water but don't add too much extra liquid or the soup won't be as thick as it should.
2. Remove the chicken from the pot to a cutting board. Let it cool slightly before shredding or dicing. Ladle the remaining vegetables and broth into a blender (in several batches, if needed) and puree the broth and vegetables until smooth. Take care not to overfill the blender since the mixture will be hot and will expand as it blends! Pour the pureed soup mixture back into the large pot. Whisk in the sour cream and tomato sauce. Stir in the taco seasoning, beans and cooked chicken. Cook until heated through.
3. Serve the soup with additional toppings: tortilla chips, sour cream, shredded cheese, avocado, pico de gallo or salsa, etc.