

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Fiesta Chicken Soup

From Everyday Paleo Family Cookbook

Serves 4-5

2 Tbsp coconut oil
½ medium yellow onion, diced
1 red bell pepper, diced
1 Anaheim pepper, diced
2 garlic cloves, minced
1 Tbsp ground cumin
1/8 tsp chipotle powder
1 tsp poultry seasoning
2 cups diced fresh tomatoes
4 cups chicken broth
2 Tbsp tomato paste
3 cups shredded cooked chicken
Salt and black pepper
Cilantro leaves, diced avocado, and lime wedges as garnish

1. In a large soup pot, heat the coconut oil over medium heat and add the diced onions and peppers.
2. Sauté until the veggies start to soften, approximately 5-7 minutes.
3. Add the garlic, cumin, chipotle powder, and poultry seasoning and mix well until all the veggies are coated with the seasoning.
4. Add the diced tomatoes, chicken broth, and tomato paste and mix well.
5. Add the diced chicken and bring to a simmer for 10 minutes.
6. Season with salt and pepper to taste and serve topped with cilantro leaves, diced avocado, and lime wedges.