

Vicki's Yucatán-ish Chicken Soup

For the Stock:

- Onion peeled & halved
- 8 c water
- Roasted garlic cloves
- 1 teaspoon whole peppercorns
- 1 teaspoon salt
- 2 cloves (or dash ground)
- 1 inch cinnamon stick
- 1 tablespoon dried oregano, preferably Mexican
- ½ tsp guajillo chile powder (or other)
- ¼ c chopped jalapeño
- Rotisserie chicken
- 2 limes – juiced and add cut ends

For the Soup:

- 1 Poblano pepper
- 1 tablespoon extra-virgin olive oil
- 1 large white onion, chopped
- 2 c sliced shitake mushrooms
- 2 med garlic cloves - minced
- 8oz can diced toms
- ½ c quinoa (red and/or white)
- S&P to taste
- ½ tsp cumin
- 1 lime - juiced
- 1/2 cup fresh cilantro, chopped
- Shredded white cheddar cheese
- baked tortilla strips (3-4 6" ones)

Directions

For the stock:

Set large stock pot over medium to medium-low heat. Add onions face side down in a little oil and brown

add all other ingredients (except chicken & limes) and the water to the pot

Pull meat off of chicken and add carcass/bones to stock. Raise the heat to high and bring to a boil. Reduce the heat to maintain a slow, steady simmer. Juice and cut the ends off the limes and add the ends to the pot, along with the juice.

Cover the pot and simmer for 45 minutes. Strain the broth and - make sure you have about 8 cups.

For the soup:

While the stock is simmering, prep the rest of the ingredients.

Roast the Poblano by holding it over an open flame or close up under a preheated broiler until blackened and blistered all over, about 6 minutes. Put in a brown paper bag and seal, and let the steam work its magic for 10 minutes. After that time, using a paper towel, remove the blackened skin. Remove the seeds and coarsely chop.

Tear up chicken (I like hand shredded like I do in healing soup)

Thinly slice up slightly oiled flour tortillas, salt and bake a few minutes until golden brown

Return the stock pot to medium heat. Add the oil, onion, shrooms to the pan and cook, stirring regularly, until soft and just beginning to color slightly. Add peppers. Add garlic and sauté 1-2 mins. Add tomatoes. Add stock – let flavors meld (20-30 mins). Add quinoa and bring to boil cook another 15-20 mins until quinoa is cooked – throw in chicken and seasonings somewhere in there 😊 add lime juice at the end.

garnish bowls with cilantro, shredded cheese and tortilla strips, as desired.