

# Traditional Chicken Soup

**Teresa Araujo**

**Colombia**

**Serves: 6-8**

**Yield: 10 cups**

**Time: 1:10 hours**

## Ingredients

- 1 whole chicken (about 5 pounds), cut into pieces, skin removed
- 1 green bell pepper, seeded and chopped
- 1 red bell pepper, seeded and chopped
- 1 medium yellow onion, chopped
- 2 stalks of celery, chopped
- 2 cloves of garlic, minced
- 2 tablespoons of sazón (see page 58)
- 10 cups of vegetable stock (see page 64)
- 2 green plantains, peeled and cut into 2-inch pieces
- 3 white potatoes, peeled and cut into 2-inch pieces
- 1 large yucca (about 1 pound), peeled and cut into 2-inch pieces
- 3 ears of corn, cut into 3 pieces each
- 1/2 bunch of cilantro, rinsed and chopped

## Directions

- ✦ Place the chicken, green pepper, red pepper, onion, garlic, celery, sazón and vegetable stock into a large pot. Bring to a boil and then reduce heat to medium low for about 15 minutes.
- ✦ Stir in the plantains and potatoes. Simmer for 15 minutes.
- ✦ Stir in the yucca and corn. Simmer for another 10 minutes until the vegetables are tender.
- ✦ Stir in the cilantro.
- ✦ Serve in large soup bowls.

## Did You Know?

Traditionally prepared for special occasions, variations of this soup are prepared in many Latin American countries. Teresa's version can be enjoyed anytime. It is lighter because it does not contain the usual high fat meats but still has the characteristic flavors and textures. Removing the skin from the chicken cuts the grams of total and saturated fat in half.

