

CHIPOTLE-LIME CHICKEN & VEGGIE SOUP

Recipe adapted from www.welcometothetable.coop

Total Time: 35 minutes

Servings: 6-8



INGREDIENTS

- 1 Tbsp. extra virgin olive oil
- 1 large onion
- 2 cloves garlic, chopped
- 6 cups chicken stock
- 1 Tbsp. salt
- 2 tsp. chipotle powder
- 2 tsp. cumin
- 1 lb. sweet potato, cubed
- 15 oz. canned corn, drained, or 2 cups, frozen
- 15 oz. canned black beans
- 2 cups cooked chicken, shredded
- 2 Tbsp. fresh lime juice
- 1/2 cup cilantro
- 1 large avocado
- 1 large lime, wedges

To make vegan, sub vegetable stock for chicken stock and add an extra can of beans in place of the chicken.

DIRECTIONS

- 1** In a large pot, warm the olive oil over medium-high heat, then add the onions. Stir until they start to sizzle, then reduce the heat to medium-low, and stir occasionally for about 15 minutes. Wait for them to turn golden.
- 2** Add the garlic and stir for a minute, then add chipotle powder and cumin. Toast 1 minute more.
- 3** Add sweet potato, salt, and stock. Cover the pot and bring to a boil over high heat, then reduce heat to medium. Cover and simmer for about 15 minutes or until the sweet potato pieces are tender when pierced with a knife.
- 4** Add the canned corn, black beans, chicken, and lime juice and return to a boil, then reduce to low and simmer for 5 minutes.
- 5** Serve in bowls, topped with fresh cilantro and avocado, with lime wedges on the side.

SERVING SUGGESTION

Serve up this flavorful soup with crispy tortillas and, if you prefer, a dollop of sour cream to add a little creaminess. The soup keeps for four days, tightly covered, in the refrigerator.