

Easy Cilantro Chicken Vegetable Soup

Based on a South Beach Phase 1 Recipe, tastes like a Mexican/Latin dish

Makes 4-6 servings in 30-40 minutes

Ingredients

1 tablespoon olive oil	½ tsp salt, black pepper	1 cup salsa
½ large red onion, chopped	4 cups chicken broth	1 cup V8 (or use more salsa)
½ tsp crushed red pepper	1-2 boneless, skinless, raw chicken breasts	1 cup fresh cilantro, chopped
½ tsp chili powder	2-3 zucchini, sliced, halved	¼ cup lime juice (optional)
2 tsp minced garlic	1 lb frozen chopped kale	
2 tsp ground cumin		

Directions

Prep all fresh vegetables. Defrost the chicken. Slice the raw chicken across the narrow end. Cut each slice into very thin strips, about ¼ inch thick. Mix the garlic, peppers, salt, chili, and cumin together in a small bowl.

Heat oil over medium heat in large cast iron skillet or your usual soup pot. Sauté onion for 5 minutes. Add chicken and the spices mixture. Stir over high heat until no longer pink and starting to brown. Add the zucchini, sauté over medium, stirring, about four minutes. Add kale or spinach, stir another 1-3 minutes.

Pour in the broth gradually, bring to a slow boil. Add in the salsa and V8 (if using), stir, bring back to a slow boil. Remove from heat. Stir in cilantro and lime juice.

Recipe is dairy-free, gluten-free, soy-free. Low-carb, clean eating friendly (use organic.)

Vegetarian/Vegan alternative: omit the chicken. Replace the chicken broth with vegetable broth. Add 1.5 cups of *cooked* brown rice and 1.5 cups of *cooked* black beans, drained.