

Sharon's Caldo de Pollo (*Mexican Style Chicken Soup*)

Serves 4 to 6

Serving size: 1 bowl

INGREDIENTS:

3-4 lbs of chicken pieces (thighs, drumsticks, breast) *discard the fat, cut breast pieces in four

1/2 of an onion (yellow or white)

3 sliced carrots

1 diced tomato

3 potatoes, halved

2 chopped celery ribs

Cabbage leafs (1/3 of a cabbage will do)

2 garlic cloves

A small handful of Cilantro or hierbabuena (spearmint) leafs

Salt (use sparingly)

OPTIONAL:

You may use zucchinis rather than potatoes and adding a couple of corn ears is a nice authentic touch.

STEPS:

1. Put the chicken in a stockpot with the onion, salt, garlic and water (if you will be using corn this would be the time to add it).
2. While heating the ingredients remove most of the white chicken foam in the water. Bring to a boil then lower the heat.
3. Add the rest of the ingredients and heat together until the vegetables are tender. Add desired amount of salt.
4. Serve in deep bowls.
5. Enjoy.

For a tastier soup lime/lemon juice may be added along with hot sauce.

Caldo de Pollo goes well with warm tortillas or French bread.



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for
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