

# CHICKEN AVOCADO LIME SOUP

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 6 servings

## Ingredients

- 1 tablespoon olive oil
- 1 cup green onions, chopped, (mince the whites)
- 2 jalapeños, seeded and minced (leave seeds if you want soup spicy, omit if you don't like heat)
- 2 cloves garlic, minced
- 4 (14.5 ounce) cans low-sodium chicken broth
- 2 Roma tomatoes, seeded and diced
- ½ teaspoon ground cumin
- Salt and freshly ground black pepper
- 1 ½ pounds boneless skinless chicken breasts
- 1/3 cup cilantro chopped
- 3 tablespoons fresh lime juice
- 3 medium avocados, peeled, cored and diced (prepare just before serving to avoid discoloration)



## Optional items for serving

- Tortilla chips
- Monterrey Jack cheese
- Sour cream for serving
- 2-3 cups cooked grain of choice (farro, bulgur, quinoa, etc.)

## Method of Preparation

1. In a large pot, heat olive oil over medium heat. Once hot, add green onions and jalapenos, and sauté until tender, about two minutes. Add garlic during last 30 seconds of cooking and stir into mixture.
2. Add chicken broth, tomatoes, and cumin. Season with salt and pepper to taste and then add chicken breasts. Bring mixture to a boil over medium-high heat. Then reduce heat to medium, cover with lid and allow to cook, stirring occasionally, until chicken has cooked through, for about 10 - 15 minutes. Cooking time will vary based on thickness of chicken breasts. Chicken is done when it reaches an internal temperature of 165 degrees. Reduce burner to warm, remove chicken from pan and let rest on a cutting board for five minutes. Shred chicken and return to soup.
3. Stir in cilantro and lime juice.
4. Add equal amounts of avocado to each serving.
5. Add one-quarter to one-half cup of cooked grain to each serving
6. Garnish with tortilla chips, cheese and sour cream if desired.

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