



## Columbian Chicken Soup

Preparation Time: 10 mins

Cooking Time: 50 mins

Serves: 6

Difficulty: Easy

### INGREDIENTS

1 whole chicken with skin removed  
½ cup of thinly sliced spring onions/scallions  
2 garlic cloves smashed  
½ teaspoon cumin  
8 cups chicken broth  
½ lb/ 0.2 kg white potatoes peeled and cut into cubes  
2 shucked ears of corn or 1 can of corn drained  
2/3 cup short-grain brown rice  
1 avocado sliced  
½ cup chopped fresh cilantro  
1 tablespoon plain yogurt  
1 tablespoon dried capers  
½ lb/ 6 asparagus cut into 1"/2.5 cm lengths

#### Notes:

- Preparing asparagus: The end can be stringy. Snap the lower section of the asparagus, finding the spot where it gives easily. Throw the lower section away. Then cut into small sections.
- Chicken – to speed up the process, buy a large roast chicken, remove the skin, and shred. Reduces cooking time by 20 mins.

### DIRECTIONS

1. In a large pot, combine the chicken, scallions, garlic, corn, cumin, and ½ cup of cilantro with the chicken broth. Season with salt and pepper.
2. Bring to a boil, then simmer broth over medium-high heat until chicken is cooked through. Approximately 20 mins.
3. Remove chicken, cool, then pull chicken off bone and shred.
4. In a separate pot, add the brown rice, bring to a boil, reduce the heat to medium-low, cover and cook until rice is tender (approx. 35-40 mins).
5. Optional - strain the broth, but remove the corn and add back to the pot. If you don't want to strain, only remove the smashed garlic cloves.
6. Bring broth to a boil and add the potatoes. Cook over medium heat until potatoes are cooked through, approx. 8 minutes.
7. Add the asparagus and shredded chicken, cooking for an additional 5 minutes.
8. Add the cooked brown rice just before garnishing and serving.
9. Garnish with yoghurt, capers, and avocado and top with a little chopped cilantro.