

Potato Soup

Makes: 6 Servings

This rich-tasting and hearty potato soup is full of flavor and perfect for lunch or dinner.

Ingredients

1 cup onion, chopped

1 tablespoon garlic, finely chopped

1 tablespoon vegetable oil

1/4 pound chicken, thawed, cut up, and skin removed

4 cups water

6 small red potatoes, chopped (or 1 can, about 15 ounces, low-sodium sliced potatoes)

1/4 cup white rice, uncooked (or brown rice)

1/2 teaspoon chili powder (or paprika)

1 cup peas (or 1/2 can, about 8 ounces, low-sodium green peas)

1/2 teaspoon cayenne or jalapeño chilies, diced (optional)

1/2 cup parsley or cilantro, chopped (optional)

Directions

1. In a large pot, brown onion and garlic in oil over medium to high heat for 5 minutes. 2. Add chicken to pot and brown for about 5 minutes. 3. Add water, potatoes, rice, and chili powder to pot. 4. Bring pot to a boil, and cook for 15 minutes. 5. Lower heat and cook for about 15 to 20

minutes. Stir pot every 10 minutes. 6. Add peas and cook for about 8 minutes. If using cayenne or jalapeño chilies, add that too. Mix well. 7. Remove pot from heat. If using parsley or cilantro, add that now. 8. Mix well and cover for 5 minutes. Serve hot.

Notes

Tip for cooking chicken: The recommended safe minimum internal temperature for chicken is 165 degrees F, as measured with a food thermometer.