

Eve of Spring Soup: Avocado & Chicken

Recipe and Photo Courtesy of: Kim Byer of The Paper Apron: www.PaperApron.com

INGREDIENTS:

32 oz. Chicken Broth

1 Chicken Breast, cooked, de-boned and shredded (bone-in, preferred)

1-2 cups Water

1 t Cumin

1 t Sugar

Kosher Salt to Taste

1/2 small, chopped Onion

1 Avocado, chopped

1 Tomato, chopped

1 Jalapeno, chopped or sliced on the diagonal

2-3 cups of Cooked White Rice

Freshly-ground Black Pepper

2-3 Limes for squeezing

Cilantro leaves

PREPARATION & METHOD:

Bring your chicken breast (skin, bones and all) to boil in the broth, water, cumin and sugar, then let it simmer until the chicken is cooked.

Once the chicken breast is cooked: remove it, cool it, shred it (discard skin and bones) and return it to the pot. Add Kosher salt to taste.

The secret to this light and airy concoction is the under-cooked, crispy vegetables paired with the creamy avocado. Therefore, wait until the last minute to add your vegetable ingredients.

Ladle your soup over a bed of rice and top with generous amounts of freshly-ground black pepper and torn cilantro leaves.

Serve with a half of a lime. This soup really sings when you squeeze in the lime juice.

Serves two for a meal, four for an appetizer