



Avocado Chicken Soup*

Serving: 1

Non Veg

Ingredients

- 50 grams (Palm size) boneless skinless chicken
- 1 Tbsp olive oil
- $\frac{1}{4}$ cup chopped green onions (only greens)
- 2 jalapenos , seeded and minced
- 1 and $\frac{1}{2}$ cup chicken broth
- 1 tbsp chopped tomato
- $\frac{1}{2}$ tsp ground cumin
- Salt and freshly ground black pepper
- 4 tbsp chopped cilantro / coriander
- 1 Tbsp fresh lime juice
- 1 small avocado , peeled, cored and diced

Preparation Method

- -In a large pot heat 1 Tbsp olive oil over medium heat. Once hot, add green onions and jalapenos and saute until tender, about 2 minutes. Add chicken broth, tomatoes, - cumin, season with salt and pepper to taste and add chicken pieces .
- -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 10 - 15 minutes (cook time will vary based on thickness of chicken).
- Reduce burner to warm heat, remove chicken from pan and let rest on a cutting board 5 minutes, then shred chicken and return to soup. Stir in cilantro and lime juice. Add avocados to soup just before serving .