

Chicken Mexicali Soup

Yield:	1 G or 3.79 L		
Servings/Size:	16 (8 fl oz/236.59mL) servings		
Prep Time:	15 min	Cook Time:	40 min
Cost:	Cheap	Difficulty:	Easy



Description:

MINOR'S® Natural Gluten Free Chicken Base and Red Chile Adobo Flavor Concentrate set the stage for this hearty soup with a kick featuring hearty chunks of chicken, black beans, corn, roasted red peppers, green peppers, jalapeño, garlic, salsa, and lime.

Ingredients		/ Metric	Measure
Olive Oil			2 Tbsp
Onions, diced			2 c
Green Peppers, diced			1 c
Jalapeño, minced or MINOR'S Fire Roasted Jalapeño Flavor Concentrate			2 ea
Garlic or MINOR'S Roasted Garlic Flavor Concentrate			1 Tbsp
Water, hot			3 qt
Minor's Natural Gluten Free Chicken Base			½ C
Black Beans, cooked			4 c
Roasted Red Peppers			1 c
Picante Sauce, prepared			1/4 C
Tomatoes, diced in juice			3 c
Salsa, prepared			2 c
MINOR'S Red Chile Adobo Flavor Concentrate			1 Tbsp
Chicken, cooked, diced			2 lb
Roasted Corn Kernels	21 oz	595.35 g	4 c
Green Onions, sliced	1.5 oz	42.525 g	1 c
Lime, sliced			1 ea

Procedure

1.	Sauté green peppers, jalapeños, and onions until translucent, add garlic.
2.	Move vegetables to a 2-3 G stockpot or rondeau and add MINOR'S Natural Gluten Free Chicken Base.
3.	Incorporate remaining ingredients besides the chicken, corn, green onions and lime. Add boiling water and then simmer for 10-15 minutes.
4.	Remove from heat. Blend using an immersion blender for 2-3 minutes or until a medium-coarse consistency is reached. Then return to heat.
5.	Add chicken, corn, and green onions. Simmer until heated through.
6.	Season to taste, and serve garnished with a lime wedge and cilantro