

## Soup's On: Making Super-Flavorful Chicken Soup

### **Step 1: Lay the Base**

The best soups start with a combination of aromatic vegetables cooked in oil to bring out their flavor. To start, heat 2 Tbsp. extra-virgin olive oil in a large pot over medium heat; add 1 cup chopped onion and 2 large minced garlic cloves. Cook, stirring, until softened, 2 to 3 minutes. Add 2 to 4 tsp. seasonings). Cook, stirring, 1 to 2 minutes more.

Dried: bay leaf, marjoram, oregano, rosemary, sage, thyme

Ground: allspice, cayenne, chili powder, chipotle, coriander, cumin, curry powder, paprika

Minced: chipotle in adobo, ginger, lemongrass

### **Step 2: Hack "Homemade" Broth**

Use boxed or canned broth. Make it taste like homemade stock by cooking the chicken for the soup in the broth before adding other ingredients. Pour 8 cups low-sodium chicken broth into the pot with the seasonings. Add 2 lb. bone-in chicken breasts (without skin); simmer until cooked through (165°F on an instant-read thermometer), 20 to 22 minutes. While it cooks, skim any foam from the surface to keep the broth clear. Transfer the chicken to a clean cutting board to cool, then shred or chop into bite-size pieces.

### **Step 3: Load it with Vegetables**

Add 6 to 8 cups vegetables to the broth after you take out the chicken. Return to a simmer and cook until the vegetables are tender, 4 to 10 minutes.

Vegetables, fresh, frozen or thawed

Diced: bell pepper, yellow or red or sweet potato, turnip, winter squash

Chopped: broccoli, cauliflower, chard, collards, kale, spinach, tomatoes,

Sliced: cabbage, carrots, celery, fennel, mushrooms, zucchini or summer squash

### **Step 4: Bump up Fiber**

Add 3 cups cooked whole grains or 1 ½ cups cooked beans (or one 15-oz. can rinsed beans) to the pot. Stir in the chicken, 1 1/4 tsp. salt and 1/2 tsp. pepper. Cook until heated through.

Whole Wheat: egg noodles, fusilli, macaroni, orzo, spaghetti, wagon wheels. Grains:

barley, brown rice, whole wheat couscous, millet, quinoa. Beans: black, cannellini or navy, chickpeas, kidney.

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### **Step 5: Go for Big Flavor**

Just before serving, add one more layer of flavor.

Herbs (1 – 3 Tbsp): basil, chives, cilantro, dill, parsley, tarragon.

Herb sauce (2 – 4 Tbsp): chimichurri, pesto, salsa verde

Hot sauce (1 – 3 tsp.) chile-grlic, curry paste, harissa, sriracha

Acid (1 – 3 Tbsp.): lemon or lime juice, vinegar

Umami (1 – 3 Tbsp): fish sauce, miso, soy or tamari sauce

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