Book 1

- Chicken Rice Soup
- Clam/Seafood Chowder
- White Chicken Chili

Chicken Rice Soup

Ingredients

- Whole roaster chicken
- 1 onion peeled and halved
- 1 bayleaf
- 1 allspice
- Salt and Pepper to taste
- 1-2 garlic cloves
- Vegetables
  - Carrots
  - Celery
  - Potatoes
  - Peas
  - Corn
- Rice

Directions

1. Put a whole chicken in a large stock pot, filled with enough water to cover the chicken, several quarts at least.
2. Add 1 onion, peeled and halved, bayleaf, 1 all spice if you have it, salt and pepper, and a garlic clove or two if you'd like.
3. Boil until chicken is done, maybe an hour to an hour and a half, depending on the size of the chicken.
4. Remove chicken from broth and set aside to cool. Strain broth with a fine strainer. Discard solids. (You can let the broth sit overnight if you want to be able to scrape some of the fat off, we usually leave it).
5. Taste broth, you can add additional salt and pepper or chicken bouillon if needed. Bring back to a boil. Add whatever veggies you'd like.
6. Remove chicken from carcass, cut into bite size pieces.
7. Give veggies a Head Start of maybe 15 minutes or so, then add rice. (if you'd like firmer rice, cook rice separately till near done and add to broth at end of cooking). After rice is near done, add cooked chicken back to broth.

   Fresh or dried parsley is a nice addition also.

Clam/Seafood Chowder

Ingredients

- 1 Quart clams - For seafood chowder, add mussels, fish, scallops and shrimp)
- 1/4 cup salt pork (or chopped bacon)
- 3/4 cup onion - sliced
- 2 cups cold water
- 1/2 cup cream
- 2 tablespoons butter
- 3 cups diced potatoes

Instructions

- Boil the potatoes
- Drain chopped clams, save the liquid
- Cook salt pork - almost crisp
- Add onions and simmer until soft (3-5 minutes)
- Add the potatoes, water & clam juice
- Simmer 10 more minutes
- Add the clams, and other seafood if making seafood chowder
- Cook 12-20 minutes
- Add butter, half & half as needed

White Chicken Chili



This White Chicken Chili is hearty, warming, creamy and perfectly comforting. It's a great alternative to traditional beef chili and makes a simple, yet completely delicious dinner! Makes about 8 cups.

Servings: 6 servings
Prep: 15 minutes
Cook: 35 minutes
Ready in: 50 minutes

Equipment

- Food processor

Ingredients

- 1 small yellow onion, diced
- 1 tbsp olive oil
- 2 cloves garlic, finely minced
- 2 (14.5 oz) cans low-sodium chicken broth
- 1 (7 oz) can diced green chilies
- 1 1/2 tsp cumin
- 1/2 tsp paprika
- 1/2 tsp dried oregano
- 1/2 tsp ground coriander
- 1/4 tsp cayenne pepper
- salt and freshly ground black pepper, to taste
- 1 (8 oz) pkg Neufchatel cheese (aka light cream cheese), cut into small cubes
- 1 1/4 cup frozen or fresh corn

- 2 (15 oz) cans cannellini beans
- 2 1/2 cups shredded cooked chicken*
- 1 Tbsp fresh lime juice
- 2 Tbsp chopped fresh cilantro, plus more for serving
- Tortilla chips or strips, Monterrey jack cheese, sliced avocado for serving (optional)

Instructions

- Heat olive oil in a large pot over medium-high heat. Add onion and saute 4 minutes minutes. Add garlic and saute 30 seconds longer.
- Add chicken broth, green chilies, cumin, paprika, oregano, coriander, cayenne pepper and season with salt and pepper to taste. Bring mixture just to a boil then reduce heat to medium-low and simmer 15 minutes.
- Drain and rinse beans in a fine mesh strainer or colander then measure out 1 cup. Set whole beans aside, transfer 1 cup beans to a food processor along with 1/4 cup broth from soup, puree until nearly smooth**.
- Add Neufchatel cheese to soup along with corn, whole beans and pureed beans and stir well. Simmer 5 - 10 minutes longer.
- Stir in chicken, fresh lime juice and cilantro. Serve with Monterrey Jack cheese, more cilantro, avocado slices and tortilla chips, if desired.

Notes

- * Recipe can also be updated to use pre-cooked shredded chicken such as rotisserie or leftover chicken.
- ** If you don't own a food processor you can skip the pureeing step, soup just won't be quite as creamy.