



Simple Chicken Vegetable Soup, Vegetarian option

SERVINGS
4

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RECIPE SOURCE
Kitchen on Fire

Ingredients

2 tablespoons olive oil
1 cup carrot, diced
1 cup celery, diced
1 cup onion, diced
4 cloves garlic , minced
1/2 cup zucchini, diced
1/2 cup bell pepper, diced
4 each chicken thigh, bone-in , (optional)
1/2 pound sweet italian sausage, (optional)
1 13 oz. can chickpeas, (optional meat replacement)
6 cups vegetable stock
1 teaspoon cumin
To taste salt and pepper
1 each lemon, juiced
2 tablespoons parsley, chopped
2 tablespoons cilantro, chopped

Cooking Instructions

TWO Varieties

1 - Vegetarian: Add olive oil to a pot, and over med-high heat, saute onions, carrots, and celery for 4-5 mins or until some browning occurs. Add bell pepper, zucchini, garlic, and cumin, cook for another 2 mins, stirring often. Turn heat to med-high and add the stock and chickpeas. Once the soup is simmering, turn to low. Simmer 10-15 mins. Season with salt and pepper.

2 - With Chicken and Sausage: Season chicken with salt and pepper. Add olive oil to a pot, and over medium-high heat, brown the chicken on all sides. Set aside, keep the oil and chicken drippings in the pot. Turn heat to medium and saute onions, carrots, and celery. Add the sausage, cook for about 2 minutes. Add bell pepper, zucchini, garlic, and cumin, cook for about 2 mins or until some browning occurs. Turn heat to med-high and add the stock and cumin. Once the soup is simmering, turn to low and add in the chicken. Simmer 10-15 mins until the chicken is cooked through. Season with salt and pepper.

Last Step for BOTH versions:

Add the chopped herbs, cover the pot, and turn off the heat. Add some lemon juice to taste. Serve soup over cooked rice or pasta (optional).

Recipe Tags

stock pot spatula ladle chef's
knife virtual cooking