

Chicken Soup with Chilies, Cabbage and Rice

Fresh Ways with Soups & Stews
Time-Life Books

Servings: 4

1 tablespoon safflower oil
1 1/2 pounds chicken thighs, skinned, fat trimmed away
1 clove garlic, finely chopped
3 scallions, trimmed and sliced into thin rounds
2 cups unsalted chicken stock
1 tablespoon fresh thyme OR 3/4 teaspoon dried thyme leaves
freshly ground black pepper
1/4 teaspoon salt
1/2 cup rice
2 dried ancho chilies, stemmed, split lengthwise and seeded
1 large (about 1 cup) carrot, julienned
2 cups (about 6 ounces) Nappa cabbage, shredded

Preparation Time: 20 minutes

Heat the safflower oil in a large, heavy-bottomed pot over medium-high heat. Add the chicken thighs and saute' them, turning them frequently, until they are evenly browned - 3 to 4 minutes. Push the chicken to one side of the pot. Add the garlic and scallions and cook them for 1 minute, stirring constantly. Pour in the stock and three cups of water. Add the thyme and some pepper. Bring the liquid to a boil. Reduce the heat to maintain a simmer and cook the mixture, partially covered, for 20 minutes. Skim any impurities from the surface and simmer the liquid for 20 minutes more.

While the stock is simmering, bring one cup of water and 1/8 teaspoon of the salt to a boil in a saucepan. Add the rice and stir once, then reduce the heat and cover the pan. Simmer the rice until all of the water is absorbed - about 20 minutes.

While the rice is cooking, pour one cup of boiling water over the chilies and soak them for 15 minutes. Puree' the chilies with their soaking liquid in a blender. (Alternatively, pulverize the soaked chilies with a mortar and pestle, gradually adding the soaking liquid until it is incorporated into the chili paste.)

With a slotted spoon, remove the chicken thighs from the pot and set them aside. When the chicken is cool enough to handle, remove the meat from the bones with your fingers and cut it into small pieces. Discard the bones. Return the chicken pieces to the pot. Add the carrot, cabbage, rice and the remaining 1/8 teaspoon of salt. Increase the heat to maintain a simmer and cook the soup until the carrot is tender - 3 to 4 minutes. Strain the chili puree' through a fine sieve into the soup. Stir to incorporate the puree' and serve the soup at once.

Start to Finish Time: 1 hour

Per Serving (excluding unknown items): 411 Calories; 24g Fat (53.7% calories from fat); 25g Protein; 21g Carbohydrate; 1g Dietary Fiber; 113mg Cholesterol; 245mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 3 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	411	Vitamin B6 (mg):	.4mg
% Calories from Fat:	53.7%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	21.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	25.1%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	24g	Folacin (mcg):	21mcg
Saturated Fat (g):	6g	Niacin (mg):	8mg
Monounsaturated Fat (g):	9g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	0
Cholesterol (mg):	113mg	% Refuse:	0.0%
Carbohydrate (g):	21g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1
Protein (g):	25g	Lean Meat:	3
Sodium (mg):	245mg	Vegetable:	1/2
Potassium (mg):	377mg	Fruit:	0
Calcium (mg):	35mg	Non-Fat Milk:	0
Iron (mg):	3mg	Fat:	3
Zinc (mg):	2mg	Other Carbohydrates:	0
Vitamin C (mg):	7mg		
Vitamin A (i.u.):	5302IU		
Vitamin A (r.e.):	569 1/2RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 411 **Calories from Fat:** 221

% Daily Values*

Total Fat	24g	37%
Saturated Fat	6g	31%
Cholesterol	113mg	38%
Sodium	245mg	10%
Total Carbohydrates	21g	7%
Dietary Fiber	1g	5%
Protein	25g	

Vitamin A	106%
Vitamin C	12%

Calcium	4%
Iron	14%

** Percent Daily Values are based on a 2000 calorie diet.*