
Country Chicken Soup

Athena Charizopoulos - Marshall Field's Mayfair

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

1 breast of chicken, skin removed
1 lemon
4 cups water
1/2 teaspoon black pepper
1/2 teaspoon sugar
2 teaspoons salt
1 bay leaf
2 seeds allspice
dash oregano
dash basil
1 tablespoon butter OR 2 tablespoons vegetable oil
2 onions OR 6 green onions, chopped
1/4 green bell pepper, diced
1/4 yellow bell pepper, diced
1/4 red bell pepper, diced
3 to 4 cups chicken broth
2 zucchini, chopped
2 carrots, diced
2 tablespoons parsley, chopped
1/2 cup celery, chopped
1 red tomato, peeled, seeded and chopped
2 potatoes, diced

Clean the chicken breast with warm water and the juice of one lemon.

In a medium saucepan, boil the chicken breast in water with all of the spices for 15 minutes. Remove the chicken. cool and dice.

In a skillet, add butter or oil and saute' the onions and peppers until tender, approximately 8 minutes. Set aside.

In a Dutch oven, heat the chicken broth. Add the vegetables and simmer for 15 to 20 minutes or until the vegetables are tender. Add the chicken breast, onion and peppers. Simmer until thoroughly heated.

Soups, Chili, Stew

Per Serving (excluding unknown items): 515 Calories; 7g Fat (10.5% calories from fat); 29g Protein; 99g Carbohydrate; 19g Dietary Fiber; 0mg Cholesterol; 6728mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 1/2 Lean Meat; 6 1/2 Vegetable; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.