



## Southwestern Chicky Soup

*Recipe Courtesy Barbara Nagle*

### **Ingredients:**

- 2 Tablespoons olive oil
- 3 chicken breasts, boneless, skinless
- 1/4 cup chopped red onion
- 2 cloves fresh chopped garlic
- Chopped red, orange, and yellow peppers (as much as you like). I usually chop up at least two peppers.
- 3 teaspoons of cumin
- 1/2 teaspoon of salt
- 1/2 teaspoon chili powder (optional)
- 1/8 teaspoon crushed red pepper (optional)
- 2 - 14 oz. cans of chicken broth
- 2 cups or so frozen corn
- 2 - 15 oz. cans of black beans— drain and rinse
- 2 or 3 cans of stewed tomatoes (14 oz. or buy big can)

Sauté the chicken in olive oil at medium high heat. Stir constantly. Add onion, garlic, cumin, salt, crushed red pepper, chili powder and sauté a few more minutes so the chicky absorbs all the wonderful spices. Add the chopped peppers and let them sizzle for awhile. Once the chicky looks like it is done, turn heat down a bit, add tomatoes, broth, and black beans. Let it cook for awhile longer. Turn off heat. Add frozen corn last\*. Test. Taste. You can grate fresh parmesan cheese on top or top with tortilla chips. Sit down and have a nice bowl of soup. \*I add the corn later because I don't like mushy corn.

*I think the soup is good on the first day, but even better as the days go on. (Barbara's Flavor absorption theory #1)*