

Mexican Chicken Soup

*This recipe makes 1 serving
Each serving = 1 protein, 1 vegetable*

For easy chopping of cilantro and other herbs, use kitchen shears. When using a knife sometimes the leaves of the herbs are difficult to chop. The kitchen shears make this a simple task.



Ingredients

- 100 grams cooked chicken, shredded into bite-sized pieces
- 3-4 cloves minced garlic
- 1 tsp cumin
- 1/2 tsp onion powder
- 1/2 tsp chili powder
- 1/2 tsp cayenne (use less if you don't want it as spicy)
- 100 grams diced tomato
- 2-3 cup homemade hCG Diet approved chicken broth
- 1/4 cup fresh chopped cilantro (optional)

Directions

1. Preheat pot over medium-high heat.
2. Add garlic, and cook for 3-5 minutes. (Heat until you see little bubbles around the garlic.)
3. Use a bit of your broth to keep garlic from sticking to the pot, if necessary.
4. Add tomatoes, chicken broth, and onion powder, cumin, chili powder, cayenne.
5. Bring to a boil.
6. Reduce heat to a simmer, and add chicken.
7. Simmer for 20 minutes.
8. Stir in cilantro, and simmer for 5 minutes more.

