

Chicken & Okra Soup

Courtesy of Carole's Creations

Prep & Cook Time: 1-1/2 hours

Serves: 8-10 one cup servings

CChints: Save a little money and buy chicken with the skin on and take 2 minutes and cut it off yourself.



Chicken and chicken stock:

6 quart Soup pot (9 cups)

3 pieces Skinless chicken breasts with bone

Dash of salt and pepper

1 stalk celery cut into 3 pieces

1 6-8" stem of fresh rosemary

1 glove of minced garlic

1 bay leaf

Water to cover chicken

Soup:

1 Medium Sauce pan (2-1/2 quarts)

1 teaspoon Olive oil

1 cup yellow onion, chopped

1 cup carrots, chopped

1 cup celery, chopped

1/3 cup of broth

1 cup frozen Corn

2 teaspoons chopped bottled or fresh garlic

2 -14 ounce cans chicken broth

14 ounce can diced tomatoes with celery & onions

2 Bay leaves

2 Tablespoons Carole's seasoning (see below)

1 teaspoon dried thyme

1/2 teaspoon salt and a dash of pepper

16 ounce bag of frozen chopped Okra, thawed

1 cup brown rice or barley, uncooked

Optional if needed; 1-2 cups warm water

Salt and pepper chicken breast and place in a large soup pot. Wash your hands, cutting surface and knife. Cover the chicken with water and add the celery pieces through the water. Cover the pot and bring to a boil. Turn down to a simmer and cook at least 30 min. until chicken is tender and pulls away from the bone. While chicken is cooking start chopping the other ingredients.

Remove the chicken from the pot and place on a cutting board to cool. Take out the celery, bay leaf and rosemary sprig and through them away. During cooking some of the pieces of rosemary may have come off the stem to help season the soup and that is okay. Double check the broth to be sure all the bones have been removed from the broth. The broth left in the pot will be the stock for your soup.

Over medium heat, heat oil in a medium size sauce pan, about 2-1/2 quarts. Add the onions, celery and carrots and 1/3 cup chicken broth from the soup pot. Salt and pepper to taste and cook for a 5 minutes, stirring occasionally, until the veggies start to get tender. Remove from the heat and stir in the garlic. Stir 1 minute and put the entire mixture into the soup pot. Add chicken broth through salt and pepper to the soup pot and gently stir together. Bring the soup to a low boil over medium high heat while you chop the chicken.

By now the chicken should be cool enough to take off the bone. Throw away the bones and add the chopped meat and okra to the soup. The rice/barley will expand as the soup cooks and it will need space to swell. Cover and reduce the heat to a simmer for 30 minutes. You may

need to add the water if your soup is thicker than you desire. If so, add water now. Cover and once the soup comes to a low boil, reduce heat to a simmer for 30 minutes. Be sure to wash everything, especially the cutting board and knife you used to chop the chicken.

The soup will be good on this day but better the next day when the flavors have more time to blend together.

Carole's Seasoning Blend- makes 1/3 cup
1 Tablespoon + 1 teaspoon smoked paprika
2 teaspoons chili powder
1 Tablespoon onion powder
1 Tablespoon dried oregano
1 Tablespoon garlic powder
1 Tablespoon salt
1 teaspoon black pepper
1 teaspoon cumin
1 teaspoon dried thyme
1 teaspoon dried basil

Combine all ingredients thoroughly and store in an airtight jar or container in a dark location. Herbs will last long in a dark area. Makes about 1/3 cup. Can be used in a variety of recipes.