

chicken soup, 3 ways

Basic Chicken Soup

Start with this easy soup, then try our hot takes on this quintessential comfort food.

Prep about 25 minutes

Cook about 25 minutes

Makes about 8½ cups or 4 main-dish servings

- 1 **tablespoon olive oil**
- 1 **small onion, finely chopped**
- 2 **medium carrots, cut into ¼-inch-thick slices**
- 2 **medium stalks celery, cut into ¼-inch-thick slices**
- 2 **cans (14 to 14½ ounces each) chicken broth (3½ cups), skimmed of fat**
- 3 **cups water**
- ½ **teaspoon ground black pepper**
- 2 **medium skinless, boneless chicken-breast halves (10 ounces)**

1. In 4-quart saucepan, heat olive oil over medium heat. Add chopped onion and cook until tender and lightly browned, about 5 to 7 minutes, stirring occasionally.

2. Add carrots, celery, chicken broth, water, and pepper; heat to boiling over high heat. Add chicken to saucepan and reduce heat to low. Cover saucepan and simmer soup 8 to 10 minutes or until chicken just loses its pink color throughout and carrots and celery are tender. Remove saucepan from heat.

3. Using slotted spoon or tongs, remove chicken from saucepan; cool on plate until easy to handle. With fingers, pull chicken into shreds.

4. Return shredded chicken to soup; cook over medium heat just until heated through.

» Each serving: About 150 calories, 20 g protein, 7 g carbohydrate, 4 g total fat (1 g saturated), 2 g fiber, 41 mg cholesterol, 635 mg sodium.

Mexican Chicken Soup

Basic Chicken Soup (left)

- ½ **lime**
- 1 **cup fresh or frozen corn kernels**
- ½ **cup loosely packed fresh cilantro leaves, chopped**
- Lime wedges, coarsely crushed tortilla chips, hot pepper sauce**

Prepare Basic Chicken Soup as in steps 1 through 3, adding lime half to saucepan with broth. Complete soup as in step 4, adding corn and cilantro to soup with shredded chicken. Remove lime from soup and squeeze juice into saucepan; discard lime. Serve with lime wedges, tortilla chips, and hot sauce. Makes about 9½ cups or 4 main-dish servings.

» Each serving: About 185 calories, 22 g protein, 16 g carbohydrate, 4 g total fat (1 g saturated), 2 g fiber, 41 mg cholesterol, 640 mg sodium.

Asian Chicken Soup

Basic Chicken Soup (left)

- 2 **slices (¼-inch-thick each) fresh ginger**
- ½ **cup regular long-grain white rice**
- 1 **bunch (about 6 ounces) watercress, thick stems removed**
- 2 **medium green onions, sliced**
- 1 **tablespoon soy sauce**
- ½ **teaspoon Asian sesame oil**

Prepare Basic Chicken Soup as in steps 1 through 3, adding ginger to saucepan with broth. Meanwhile, prepare rice as label directs. Remove ginger from soup and discard. Complete soup as in step 4, adding cooked rice, watercress, green onions, soy sauce, and sesame oil to soup with shredded chicken. Makes about 9½ cups or 4 main-dish servings.

» Each serving: About 245 calories, 22 g protein, 26 g carbohydrate, 5 g total fat (1 g saturated), 2 g fiber, 41 mg cholesterol, 900 mg sodium. ■