

CHICKEN TACO SOUP



Heidi's Chicken Taco Soup

Serves 10-12

Erin's sister, Heidi, came up with this flavorful and satisfying soup and we have enjoyed it at family occasions. People just seem to want to go back for seconds and everyone loves it!

- **6 c. cooked chicken**
- **6 c. homemade chicken broth**
- **4 c. water**
- **1 pound carrots, peeled and sliced**
- **2 c. cooked SCD legal navy beans***
- **2 c. cabbage, chopped**
- **4 ribs of celery, sliced**
- **2 tsp. cumin or more to taste**
- **2-3 tsp. salt or more to taste**
- **5-6 green onions, sliced**
- **2-3 tomatoes, diced**
- **½ c. cilantro, chopped**
- **lime wedges to squeeze**

Optional Toppings:

- **grated Monterey Jack cheese**
- **diced tomato, fresh cilantro, chopped**
- **avocado chunks**
- **Original Tabasco Sauce**
- **(tortilla chips for non-SCDers)**

Combine and simmer until vegetables are tender and flavors are blended, about 20 minutes. Squeeze lime juice into each bowl and pass the toppings.

**Omit the beans if you have been on the diet for less than 6 months. To cook beans, soak overnight in water then discard water. Cook according to package directions, until tender and skins begin to break. Freeze in 2 c. amounts for recipes such as this one.*