

EVERYTHING HERBAL

BY

Cheryl Jabz

Bubbie's Santa Fe Chicken Soup

A hearty, zesty soup with chicken, beans, corn, tomatoes, and herbs.

SERVES: 6-8

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, diced
- 1 red bell pepper, diced
- 3 cloves garlic, minced
- 2 cups cooked shredded chicken
- 1 can (15 oz) black beans, drained and rinsed
- 1 can (15 oz) corn, drained
- 1 can (10 oz) diced tomatoes with green chiles
- 1 can (15 oz) tomato sauce
- 4 cups chicken broth
- 1 cup salsa



HERBS & SEASONING

- 1 tsp dried oregano
- 1 tsp ground cumin
- 1 tsp chili powder
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- Salt and black pepper to taste
- Optional: 2 tbsp fresh cilantro, chopped



CHERYL'S HERBAL TIP

Add fresh cilantro at the end for bright flavor, and a pinch of oregano while simmering for warm, savory depth.



www.EverythingHerbalbyCherylJabz.com



Scan for
more herbal
recipes & tips!

DIRECTIONS

1. Heat olive oil in a large soup pot. Sauté onion and bell pepper until softened.
2. Add garlic and cook 30 seconds.
3. Stir in shredded chicken, black beans, corn, diced tomatoes with green chiles, tomato sauce, broth, and salsa.
4. Add oregano, cumin, chili powder, smoked paprika, garlic powder, salt, and pepper.
5. Bring to a gentle boil, then reduce heat and simmer 20-25 minutes.
6. Taste and adjust seasoning. Stir in fresh cilantro if using.
7. Serve hot.

OPTIONAL TOPPINGS



Shredded
cheddar or
Monterey Jack



Sour
cream



Crushed
tortilla
strips



Avocado
slices



Fresh
cilantro



Lime
wedges

DOWNLOAD THIS PAGE

Print • Save • Share