

Everything HERBAL

by Cheryl Jabz

COLOMBIAN CHICKEN SOUP

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Bringing Nature's Goodness
to Your Table

Hearty • Nourishing • Full of Flavor

A traditional Colombian favorite,
this comforting chicken soup is loaded
with tender chicken, hearty vegetables,
fragrant herbs and a rich, golden broth.
Simple ingredients, incredible flavor!

INGREDIENTS

- 2 lbs bone-in, skin-on chicken pieces (thighs & drumsticks)
- 8 cups water or low-sodium chicken broth
- 2 medium potatoes, peeled & cubed
- 1 ear corn, cut into 4 pieces
- 1 large carrot, sliced
- 1 stalk celery, sliced
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1 ripe plantain, peeled & sliced
- 1 small yucca (cassava), peeled & cubed
- 1/2 red bell pepper, diced
- 1/4 cup fresh cilantro, chopped
- 2 tbsp fresh parsley, chopped
- 1 tsp dried oregano
- 1 tsp ground cumin
- 1 bay leaf
- Salt & black pepper to taste

Real Ingredients.
Real Goodness.

PERFECT FOR:

- ♥ FAMILY DINNERS
- ♥ COZY NIGHTS
- ♥ MEAL PREP
- ♥ COLD & FLU SEASON
- ♥ ANY TIME YOU NEED A LITTLE EXTRA COMFORT

DIRECTIONS

- 1 Cook the Chicken:**
In a large pot, add chicken, water (or broth), onion, garlic, bay leaf, cumin, oregano, salt and pepper. Bring to a boil, then reduce heat and simmer for 25–30 minutes, until chicken is tender.
- 2 Add the Vegetables:**
Add potatoes, carrots, celery, corn and yucca. Simmer for 15 minutes.
- 3 Add Plantain & Pepper:**
Stir in sliced plantain and red bell pepper. Cook for another 10–12 minutes, until all vegetables are tender.
- 4 Shred the Chicken:**
Remove chicken from pot, shred meat, and return it to the soup.
- 5 Finish with Fresh Herbs:**
Stir in cilantro and parsley. Adjust seasoning to taste.
- 6 Serve:**
Ladle into bowls and enjoy hot. Garnish with extra cilantro, a squeeze of lime, or a side of avocado.

Comfort in a Bowl!

MADE
WITH LOVE
& HERBS

THE HERBAL BENEFITS

- ✓ **CILANTRO** – Supports digestion and helps cleanse the body.
- ✓ **PARSLEY** – Rich in vitamins A, C & K; supports immune health.
- ✓ **GARLIC** – Known for its immune-boosting and anti-inflammatory properties.
- ✓ **OREGANO** – Powerful antioxidant that supports respiratory health.
- ✓ **CUMIN** – Aids digestion and supports gut health.

SERVING SUGGESTIONS

- ♥ Top with fresh cilantro & a squeeze of lime.
- ♥ Serve with avocado slices.
- ♥ Pair with warm arepas or crusty bread.
- ♥ Add a dash of hot sauce for extra kick.

Simple Food.
Stronger Health.
Happier You.

www.EverythingHerbalbyCherylJabz.com



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Real Ingredients.
Great Health.

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