



Corn, Rice, and Chicken Soup

Farmer from Honduras

INGREDIENTS

- 1 whole chicken, skinned and cut into quarters
- 2 cups of dried split yellow corn (corn rice)
- 1 large onion, finely chopped
- 1/2 small green bell pepper, finely chopped
- 3 Roma tomatoes
- 5 garlic cloves, peeled and crushed
- 1 celery rib, chopped
- 1 bay leaf
- 2 Tbsp of Achiote (Annatto) paste OR 1 Tbsp of Annatto powder
- 4-5 coriander leaves, washed and finely chopped
- 10 cups of water

DIRECTIONS

PREPARATION:

- In a large pot, cook the chicken (chopped into quarters) with the water, bay leaf, garlic, celery and half of the onion.
- Season with salt and pepper and cook over medium heat for about 35 minutes, making sure to remove the foam that accumulates on the surface.
- While the chicken is cooking, blend the tomato and green pepper with some of the chicken cooking liquid (broth). Set aside.
- Once the chicken is cooked, remove chicken pieces from the cooking liquid to cool.
- Shred chicken and put aside.
- Strain the liquid in which it was cooked and set aside.
- Rinse the yellow corn under cold water.
- Heat oil and sauté the remaining onion and garlic.
- Add the tomato mixture, corn, and about 8 cups of the chicken broth. If you don't have enough broth, add water.
- Cook over low-medium heat, stirring constantly to prevent sticking.
- Cook for about 5 minutes and then add the shredded chicken and Annatto paste or Annatto powder.
- Cook for 10-15 minutes more.
- Once the corn is tender, add the chopped coriander leaves.

TO SERVE:

- Remove from heat and serve immediately.