

Caldo de Pollo (Chicken Soup serves 4-5)

Two whole chicken breast w/ bone (bone adds flavor)
2 medium size garlic cloves (or crushed garlic from a jar)
1/2 a teaspoon of cumin
2 small plum tomatoes quartered
1/2 small Spanish onion
1/4 of a medium sized cabbage shredded
2-3 sticks of carrots
Cilantro
Lime
Salt to taste
Serrano Chiles or Green Chiles to taste

Bring 10 cups of water to a boil and add chicken breast along with small Spanish onion cut, 1 garlic clove whole (we will remove later), carrots that have been cut into chewable pieces (you can peel carrots if you'd like, but I prefer with the skin on), and 1/2 tablespoon of salt.

Let all these ingredients cook for 30 minutes on medium heat. Remove chicken from pot and start to "tear" the breast, caution; it will be hot so use two forks...with one fork hold the breast meat and the other use to "tear" meat away from bone. Pieces should be chewable.

Add breast meat back to pot and add the plum tomatoes and cabbage. In a mortar crush the remaining garlic clove (remove the skin) and cumin (crush whole cumin until a paste-same for garlic)...add to pot and remove the whole garlic clove we added at the beginning.

Let simmer on lower heat for 30 minutes.

Serve garnished with avocado slices and a lemon slice.

