

MEXICAN CHICKEN LIME STEW

3 Lb chicken in parts
1- 15 oz can of chicken broth
6 cups of water
1 large onion, chopped
3 whole garlic cloves
1/2 tsp salt
1/2 tsp red pepper flakes

Combine all in a pot, boil, reduce heat and simmer for 45min.
Strain solids from the soup, reserve broth and chicken separately
Remove chicken from bone, dice or shred, cover and place in fridge
Freeze broth for 1 hour

14 oz can of chopped tomato
1 small onion, finely chopped
1/4 cup finely chopped canned green chilis
1/2 tsp salt
1/4 tsp chili powder
1 lime
10 oz frozen corn
1 cup of cooked rice

Combine broth, tomato, onion, tomato, chilis, salt and chili powder in a pot
Bring to a boil, reduce heat and simmer for 10 min
Squeeze lime into the soup, and then add the squeezed lime to the pot.
Add corn, rice and shredded chicken
Simmer for 5 minutes
remove lime and serve.