

Cleo Coyle's One Hour Chicken Soup

Text and photos (c) by Alice Alfonsi who writes
[The Coffeehouse Mysteries](#) as [Cleo Coyle](#)
with her husband, Marc Cerasini.

The science is in, and our grandmothers were right. Studies have shown that properties in chicken soup relieve cold and flu symptoms. Chicken soup not only contains immune boosting properties, it has cold-fighting compounds that help soothe sore throats and clear nasal congestion. ([Read more here.](#)) Whether you make this soup for yourself or someone you care about, may it bring you good feelings and good health! ~ Cleo



A Recipe Note from Cleo

A common method for making chicken soup is to throw the chicken and veggies into the pot and turn up the heat for about 4 hours. I prefer my method, which is done in one hour, and is just as healthy. Just be sure to use white meat chicken. Properties in the white meat are especially helpful for cold and flu sufferers; they also have anti-cancer properties, and that's why I specify using 1/2 of a whole split chicken breast. Now let's get our soup on...

Cleo Coyle's One Hour Chicken Soup

Makes about 2 quarts (about 6 servings)

Ingredients:

2 quarts (8 cups) cold water

4 cloves garlic, smashed

2 bay leaves

1/2 of a whole, split chicken breast, bone in, skin on >>>

1 medium yellow or white onion, chopped (about 1 cup)

5 to 6 ribs of celery, chopped (about 2 cups)

4 peeled carrots, chopped (about 2 cups)

2 envelopes Goya's Sazon without Annatto (or see page 2
for other seasoning options)**

Finishing salt (such as French grey salt or any coarse sea salt)

RECIPE GUIDE



BREWED AWAKENING

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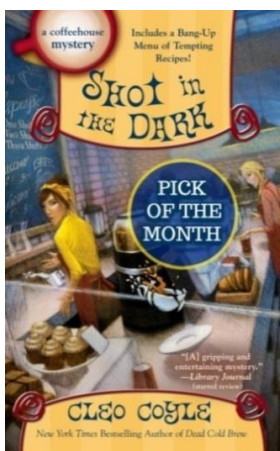
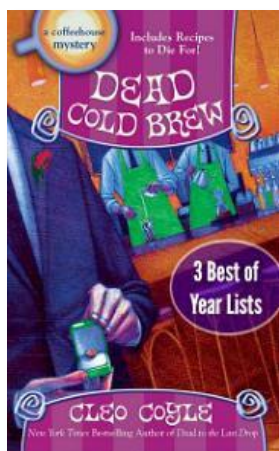


****Note:** This soup will be bland without adding seasonings. Although I use Goya Sazon without Annatto, you can easily substitute 2 chicken bouillon cubes combined with a spice blend that includes onion and garlic powders and ground black or white pepper. Certainly, add any other herbs or spices that you enjoy (e.g. cumin, paprika, thyme, rosemary).

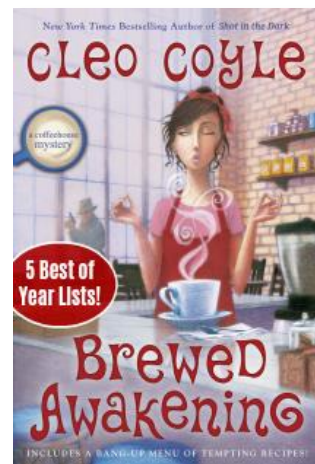
Directions: (1) Pour the cold water into the pot. Throw in the smashed garlic and bay leaves. Bring the water to a brisk boil. Place the chicken into the pot, skin side down. (The meaty part of the breast should be submerged in the water.) Boil uncovered for 35 to 40 minutes or until the meat is tender enough to come off the bone and be shredded with two forks. The water in your pot will boil down during this process. **Add in fresh water to replace the water lost, but do not add water after this step.**

(2) When the chicken is cooked enough, remove it from the pot. Add the chopped vegetables, and seasoning (*Goya Sazon without Annatto or 2 bouillon cubes and your own spice mix*), and boil for another 10 minutes. While veggies are cooking, remove the skin from the breast and the meat from the bone and shred the breast meat.

(3) When the carrots are fork-tender (10 minutes of cooking should do it), remove the bay leaves from the pot, and add the shredded chicken. If your split chicken breast was particularly large, hold back a bit of the chicken meat from the soup because you don't want to overload it. Add only enough to keep the ingredients balanced. (*Note: If you'd like to make this a chicken noodle soup, this is the point where you'd add your noodles and cook until they're soft.) Cook the soup for another 6 to 8 minutes. I like to serve with a side of coarse salt.



The [Coffeeshouse Mysteries](#) are bestselling culinary mysteries, set in a landmark Greenwich Village coffeeshouse. Each includes the added bonus of recipes. To learn more and see more recipes, visit Cleo Coyle's online coffeeshouse at www.CoffeeshouseMystery.com And her recipe blog at www.CleoCoyleRecipes.com



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