

# 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. Homemade chicken soup is not just for the soul. Properties in white meat chicken, carrots, celery, garlic, and onion appear to help relieve cold and flu symptoms better than over the counter medications (source: [New York Times, health/science](#)). “The bottom line is, “our grandmothers were probably right,” says Dr. Patty Quinlisk, “and chicken soup really does work for the cold and flu.” Whether you make this soup for yourself or someone you care about, may it bring you good feelings and good health! ~ Cleo



## Cleo Coyle's Homemade Chicken Soup

The famous New Yorker Curtis Sliwa who founded the [Guardian Angels](#) had an Aunt Mary who used a fairly common method for making her chicken soup. She threw the chicken and veggies into the pot and turned 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 half a whole split chicken breast...

**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)

A collage of promotional images for Cleo Coyle's book 'Shot in the Dark' and various recipes. It includes the book cover, a quote from a library journal, a 'Click for Free Recipe Guide!' button, and images of various recipes like 'Apple Bread', 'Birthday Cake Biscotti', and 'Blueberry Scones'.

Free Recipe Guide to  
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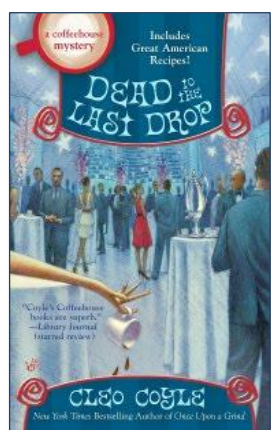
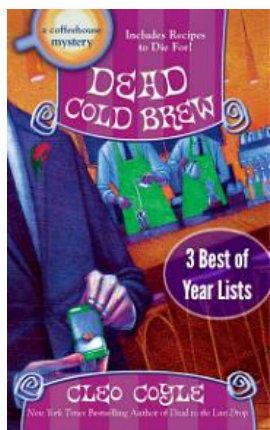


**\*\*Note:** This soup will be bland without adding seasonings. Although I use Goya Sazon, you can easily substitute 2 chicken bouillon cubes combined with a spice blend that includes onion and garlic powders and ground black or white pepper. Certainly, add any other herbs or spices that you enjoy (e.g.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

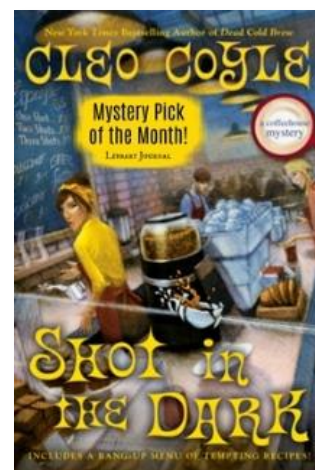
**(2)** When the chicken is cooked enough, remove it from the pot. Add the chopped vegetables, and seasoning (Goya Sazon or 2 bouillon cubes and your own spice mix), and boil for another 10 minutes. While veggies are cooking, remove the skin from the breast and the meat from the bone and shred the breast 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 and...



*Eat with joy! —Cleo*

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



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