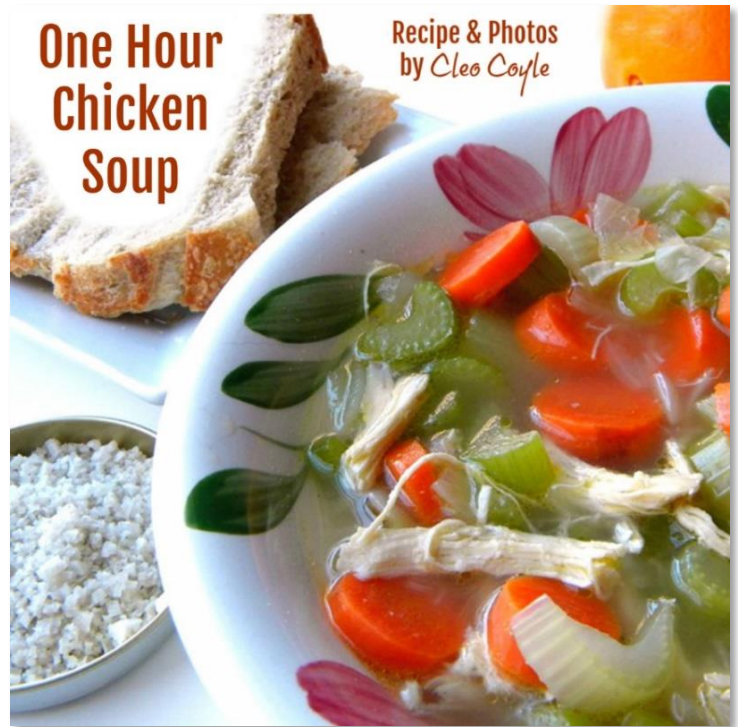


Cleo Coyle's One Hour Chicken Soup

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. I find the properties in white meat especially helpful in relieving cold and flu symptoms, 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

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)

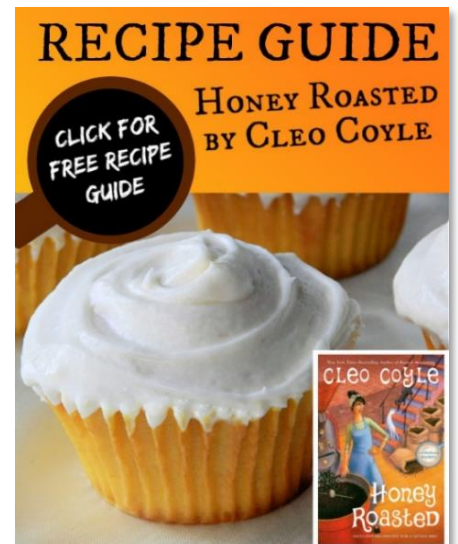
5 to 6 ribs of celery, chopped (about 2 cups)

4 peeled carrots, chopped (about 2 cups)

2 to 3 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)



Free Recipe Guide to
Cleo's new culinary mystery
Honey Roasted:
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****Note:** This soup will be bland without seasonings. Although Goya Sazon without Annatto is my favorite, you can substitute 2 to 3 chicken bouillon cubes (or packets) combined with a spice blend that can include your favorites or try onion powder and/or garlic powder and ground black or white pepper. Certainly, add any other herbs or spices that you enjoy (e.g. cumin, paprika, thyme, rosemary).

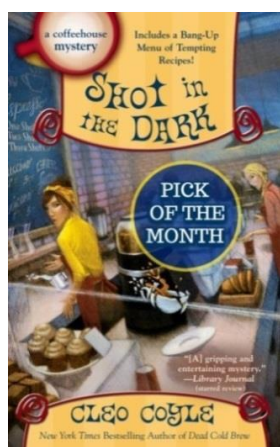
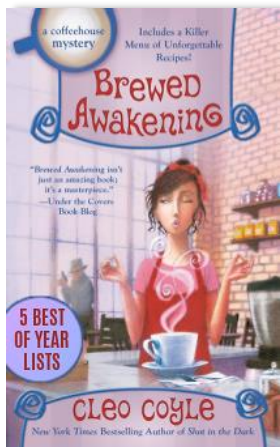


Directions: (1) Pour the cold water into the pot. Throw in the bay leaves. Bring the water to a brisk boil. Place the chicken into the pot, skin side down. (The meaty part of the breast should be submerged in the water.) Bring the boil down to a simmer, cover the pot with a loose lid, and simmer for 40 to 45 minutes or until the meat is tender enough to come off the bone and be shredded with two forks. The water in your pot may boil down a bit during this process. Check the pot after 20 minutes and add more fresh water to replenish, but do not add more water after this point. Return to simmer for the remaining 20 to 25 minutes.

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



(3) After veggies have cooked the full 10 minutes, remove the bay leaves from the pot, and add the shredded chicken. If your chicken breast was very large, hold back a bit of the meat. Add only enough to keep the ingredients balanced. (*Note: If you'd like to make this a chicken noodle soup, add your noodles now and cook until soft.) Cook soup for another 6 to 8 minutes. Serve with a side of coarse salt.

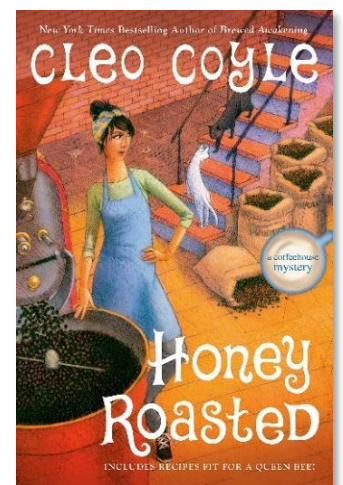


Eat with joy! ~ Cleo

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

And her recipe blog at

www.CleoCoyleRecipes.com



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