

Spicy Southwest Vegetable Soup



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Chicken

- 1 1/2 pounds chicken thighs, skinned, boned, and cubed
- 1/2 cup chopped sweet onion
- 4 garlic cloves, minced
- 1 cup water
- 4 to 5 green onions, sliced

Vegetables

- 1 (16 ounce) package frozen petite mixed vegetables
- 3 celery ribs, chopped
- 2 carrots, peeled and diced
- 1 (64 ounce) bottle low sodium vegetable juice
- 4 cups water

Seasoning

- 2 teaspoons dried cilantro
- 2 teaspoons dried chives
- 2 teaspoons chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground cayenne pepper
- 1/2 teaspoon salt

Pasta

1/2 (16 ounce) package spiral shaped pasta

Garnish

Shredded Colby-Jack cheese
2 green onions, sliced
Corn tortilla chips

In a large stock pot, cook and brown chicken, sweet onion, and garlic over medium heat. Add water and green onions. Simmer for 20 to 30 minutes.

Add frozen mixed vegetables, celery, carrots, vegetable juice, and water. Stir to combine. Add cilantro, chives, chili powder, cumin, cayenne pepper, and salt. Mix well. Bring to a boil. Reduce heat to medium-low, cover slightly, and simmer for 2 hours, or until vegetables are tender.

Add pasta. Cook for 15 to 20 minutes, or until pasta is tender. Garnish with cheese, green onions, and tortilla chips. Serve with Cornbread, if desired.

Cook's Note: Increase cumin to 1 teaspoon and add 1 teaspoon dried oregano, if desired.