

chicken fajita soup

FP WITH S AND E OPTIONS

FAMILY SERVE—FEEDS 6 TO 8 (HALVE IF YOUR FAMILY IS SMALLER, OR MAKE FULL AND FREEZE HALF)

2½ pounds boneless, skinless chicken breasts or thighs (use breasts for FP and E), thawed if frozen

2 quarts chicken broth (with an optional 4 tablespoons Just Gelatin or Integral Collagen, see page 40)

1 (10-ounce) can Ro-tel-style diced tomatoes and green chilies

1 (14.5-ounce) can diced, fire-roasted tomatoes

1 (10- to 12-ounce) bag frozen small-cut seasoning blend (see page 35)

1 teaspoon Mineral Salt

1 teaspoon black pepper

1 teaspoon onion powder

1 teaspoon garlic powder, or 4 to 6 garlic cloves, minced

1 teaspoon chili powder

¼ to 1 teaspoon chipotle powder (optional for an extra-awesome kick)

1 (8-ounce) package ⅓ less fat cream cheese* (optional)

Lime wedges (optional), for serving

This simple, flavorful soup lends itself perfectly to the crockpot or electric pressure cooker. This is level 1 cooking—you can't mess this up, so go ahead and wow your family! You have the option of making this more of a cream-based soup by adding in cream cheese, which makes it an S... your choice. It is great either way, so change things up! A time-saving and flavor-boosting tip is to put all the ingredients except the broth in a gallon-size baggie in the fridge to marinate, either the night before or whenever you get a chance, then just plop it into your pot when ready to cook and add the broth.

1. Put all the ingredients (except the cream cheese and lime wedges) in a crockpot. Cover and cook on high for 6 hours. If using the cream cheese, remove 1 cup of the hot broth and place it in a blender with the cream cheese. Blend until smooth, then stir into the crockpot.
2. Remove the chicken and shred on a plate with 2 forks. Return to the pot, stir well to combine, and serve with a squirt of lime (if using).

ELECTRIC PRESSURE COOKER DIRECTIONS: Add all the ingredients except the cream cheese and lime wedges to the pressure cooker. Seal and cook at high pressure for 25 minutes. Use natural pressure release. If including optional cream cheese, follow the crockpot directions. Shred the chicken.

MAKE A FAMILY MEAL: For the weight-loss plan, enjoy as is in a bowl for an FP or have the FP version with sprouted-grain toast or baked corn chips on the side and a garnish-size amount of cheese for an E. Want to have it as an S? Include the cream cheese. Or else leave it out and top with options of grated cheese, diced avocado, or perhaps a dollop of sour cream. Try one of the S-friendly bread sides in the Breads chapter (page 240) with butter. Growing children can enjoy this with cheese and baked corn chips or another healthy carb such as buttered sprouted-grain bread for a Crossover.

* FOR DF: LEAVE OUT THE CREAM CHEESE.