MEXICAN · LUNCH · DINNER

Caldo de Pollo (Mexican Chicken and Vegetable Soup)

100 min · Serves 10 · 292 kcal a serve · Video 5:32 · Cooking Con Claudia

Gluten-free ingredients · No dairy listed · No nuts listed

Chicken and eight kinds of vegetables in a skimmed broth: about 30 g of protein a bowl, half a day's vitamin C and a fifth of a day's fibre and potassium, with under 2 g of saturated fat.

Diet notes: Low saturated fat (1.9 g, 6% of the energy).

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Ingredients 24 · SERVES 10

- [ ] 1.8 kg **bone-in chicken** pieces (including drumsticks); the dark meat, shredded, skin and bones discarded
- [ ] the **breast meat** from the same 1.8 kg, shredded
- [ ] 4.3 L **water**
- [ ] 3 tbsp **salt** (the amount the cook uses; see tip)
- [ ] 1 bunch **coriander** (simmered in the broth, then removed) plus extra to serve
- [ ] 1 small **red capsicum** (simmered for flavour, then removed)
- [ ] 4 **celery** sticks (simmered for flavour, then removed)
- [ ] 1 **onion** (simmered for flavour, then removed)
- [ ] 6 **garlic** cloves (simmered for flavour, then removed)
- [ ] **leek tops** (simmered for flavour, then removed)
- [ ] **fresh oregano** sprigs, 5 bay leaves, 1 tsp thyme, 1 tsp rosemary
- [ ] 1 tsp **peppercorns** (strained out)
- [ ] 5 **whole cloves** (strained out)
- [ ] 3 **corn cobs**, cut into pieces
- [ ] 3 **roma tomatoes**, halved
- [ ] 1 **chayote**, cut into chunks
- [ ] 1 **serrano chilli** (optional)
- [ ] 227 g **baby carrots**
- [ ] 3 **potatoes**, cut into chunks
- [ ] ½ **cabbage**, cut into wedges
- [ ] 2 **Mexican calabacitas** (grey zucchini), in chunks
- [ ] 227 g **green beans**, trimmed
- [ ] 1 **lime**, cut in wedges, to serve
- [ ] about 100 g of **your favourite salsa**, to serve (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Celery. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the chicken, water and some of the salt in a large pot and bring to the boil over high heat. Skim off the foam that rises to the surface. 0:16
2. Add the aromatics: coriander bunch, red capsicum, oregano, celery, bay leaves, onion, garlic, leek tops, thyme, rosemary, cloves and peppercorns. Cover and simmer over medium heat for about 45 minutes. 0:41
3. Lift out the drumsticks after about 25 minutes so they don't overcook, and the rest of the chicken after 45. Remove the aromatics or strain the broth, making sure no peppercorns or cloves remain. 1:14
4. Return the clear broth to the boil and add the corn, tomatoes, serrano (if using), chayote and carrots; cook for 15 minutes. Add the potatoes and cook 10 minutes more. 2:06
5. Add the cabbage, calabacitas and green beans. Shred the chicken (discarding skin and bones) and return it to the pot; simmer 5–7 minutes until all the vegetables are tender. 2:48
6. Taste for salt. Serve in big bowls with a squeeze of lime, chopped coriander and a spoon of salsa, with warm tortillas on the side. 4:04

> **Tip** Serves 10 (our estimate). The cook uses 3 tbsp salt; start with 1 tbsp and season at the end to more than halve the sodium. Freeze broth and chicken in portions.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
292 kcal 1,220 kJ	30 g 60% of a day	28 g 23 g net · 8.2 g sugars 10% of a day

FIBRE	FAT	SODIUM
5.6 g 20% of a day	7.3 g 1.9 g saturated 9% of a day	2,210 mg 96% of a day

Energy from net carbs 33% · protein 43% · fat 24%

High in (20%+ of a day) Vitamin K 53% · Vitamin C 52% · Vitamin B6 52% · Selenium 43% · Vitamin A 27% · Potassium 22% · Zinc 22% · Folate 20%

Source of (10–19%) Magnesium 18% · Vitamin B12 17% · Iron 16%

⚠ One serve has about 96% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Cooking Con Claudia (@CookingConClaudia) on YouTube — youtube.com/watch?v=d_oY7plz4ac, published 6 December 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/claudia-caldo-de-pollo