



cara price

CHICKEN CHILI VERDE

INGREDIENTS

- 6 chicken breasts, boneless & skinless
- 1/2 cup olive oil
- 1 head cauliflower, riced*
- 8 tomatillos, husked & quartered
- 1 yellow onion, peeled & finely chopped
- 1 cup cilantro, chopped & loosely packed
- {2} 4 ounce cans mild green chilis, undrained
- 6 cloves garlic, minced
- 3 cups vegetable or chicken broth
- 3 tablespoons arrowroot flour
- 4 teaspoons ground cumin / divided
- 3 teaspoons salt / divided
- 2 teaspoons dried oregano / divided
- 1 teaspoon pepper / divided
- 1/4 - 1/2 teaspoon cayenne pepper
- optional garnish: avocado & cilantro

*to "rice" califlower, place roughly chopped florets into a large food processor & pulse until chopped to the size of grains of rice

DIRECTIONS

in a medium size bowl, combine arrowroot flour, 2 teaspoons cumin, 1 teaspoon salt, 1 teaspoon oregano & 1/2 teaspoon pepper. dredge the chicken breasts in the flour mixture.

in a large stock pot, heat the olive oil over medium high. brown the chicken breasts about 3-4 minutes per side & then remove to a plate & keep warm.

add in the onions & sauté for about 5 minutes, until translucent & beginning to brown. then stir in the tomatillos, green chilis, garlic, cilantro & remaining spices.

place the riced cauliflower & the chicken over the onion mixture, then pour the broth over all of the ingredients. bring to a boil & then reduce heat to low & cover. Simmer 45 minutes.

remove chicken breasts, shred, add them back into soup pot & stir well. serve immediately with avocado.