



Butcher's Broth with Roasted Chicken & Tomatoes

This soup originated in a class I taught for students at the United Way. I wanted to show them the simplicity of roasting a chicken and all of the wonderful, delicious, budget-conscious recipes you could use it for. Because we had so much fun cooking, discussing ways they could tweak this recipe, and generally speaking how recipes can evolve to become their own that I had to include my favorite version in this book. The use of hominy and roasted tomatoes give the soup a depth of flavor that makes you believe it slowly simmered all day.

Serves 4

INGREDIENTS

- 1 Whole Chicken, approximately 3 pounds, cut into 8 pieces
- 3 Tomatoes cut in half, with the stem end removed
- 2 tbsp Canola Oil
- 1 Onion, medium diced
- 2 Carrots cut into ¼ inch rings
- ½ tsp Cumin, ground
- 2 quarts Butcher's Broth, or Chicken Stock
- 2 15.5 oz. cans White Hominy, drained and rinsed

Optional garnishes:

- 2 Jalapenos, sliced into thin rings
- ¼ cup Cilantro, rough chopped
- 1 Lime, cut into wedges
- 1 bag of good Tortilla chips

- Preheat the oven to 350°F.
- Lay the chicken flat on a cutting board, breast-side up. Twist the wings and pin behind the top of the back of the bird. This allows the wings to serve as a kind of roasting rack, supporting the bird as it cooks.
- Place the chicken on a roasting pan and cook for 15 minutes. Carefully, add the tomatoes to the pan and continue roasting until the chicken hits an internal temperature of 165°F, or approximately 45 minutes longer.
- Remove the chicken from the oven, transfer it to a cutting board or platter, and allow it to cool to room temperature. Reserve the tomatoes and any pan drippings.
- When the chicken has cooled to room temperature, shred the chicken.

- While the chicken is cooling, heat the oil in a Dutch oven, or large pot over medium heat. Add onion, carrots, and cumin and sauté for 3 minutes or until fragrant and the onions start to become translucent. Add the butcher's broth and hominy. Bring to a simmer and skim off any impurities that float to the top. Cook for 10 minutes. Add the chicken, tomatoes, and drippings and bring back to a simmer. Season with salt and pepper to taste.
- Garnish each dish with jalapenos, cilantro, a squeeze of lime, and tortilla chips.