

# Cooking with the Club

by our own  
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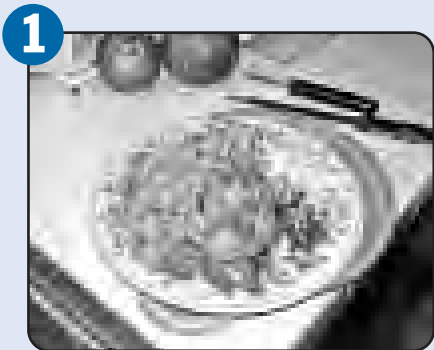
## Send Us Your Recipes!

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## Simple Soup: Cure for Heavy Holiday Meals

### DIRECTIONS:



Step 1: Prepare your vegetables by washing, peeling and dicing them. This includes carrots, celery, onions, 1/4 cup of the green onions, and garlic. Hold on to the other half of the green onions and the tomatoes because you'll add these toward the end of your simmer.



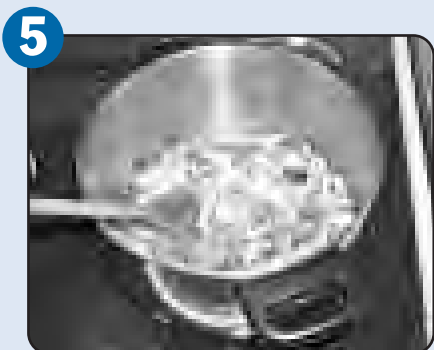
Step 2: Dice the white creamer potatoes and place in a bowl with water until it's time to add to them to the soup.



Step 3: Place your chicken breasts on a sanitized cutting board and cut them into small pieces.



Step 4: Take a large pot and place on the stovetop over medium heat. Add the olive oil into the pot.



Step 5: Add the chicken and garlic, and sprinkle in some salt and pepper. Stir until chicken is slightly browned. Then add the rest of the vegetables, including the potatoes and some of the green onions, but not the tomatoes. Allow the vegetables to sweat.



Step 6: Add the oregano, parsley and the chicken stock. If you do not have chicken stock or broth, you use water but know that you may have to add more salt and pepper to the soup as it simmers.



Step 7: Allow the soup to simmer and stir occasionally. Remember to taste-test your soup to see if you need to add more salt or pepper. Add the tomatoes and the green onions once the carrots are fork-tender. Let simmer for about 15 minutes and check the soup for taste again.



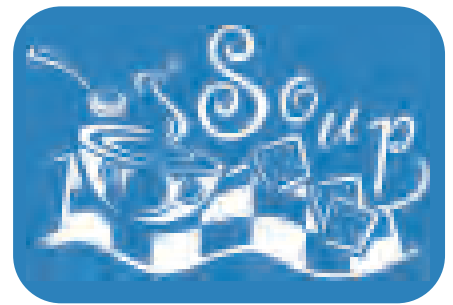
Step 8: You're ready to place the soup in a bowl and serve!

With two consecutive columns dedicated to soup recipes, you'd think this is the Cooking With Soup column. Frankly, I'm very fond of soups and have come to enjoy many varieties – some turn out complex and others are quite simple in their preparation. The key in all soup making is the preparation before you begin. When making chicken soup, having all your vegetables washed and diced is important. As part of the preparation, you'll notice that I placed the cubed potatoes in a bowl with water. This is done to prevent the potatoes from turning dark.

Prepping the chicken is also very important. I used two chicken breasts – washing and cubing them. As always, it is critical that time, temperature and sanitation are at the forefront of thought when cooking with chicken. Chicken is delicate and easily exposed to food-borne bacteria, which can in turn be deadly for human consumption. It's at least a sure way to get the people sick who are eating your soup.

Also, I mention in the ingredients to use sea salt and pepper to taste, and I do this because everyone has different preferences on the amount of salt and pepper used. I suggest that you taste-test the flavor of the soup and add more salt and/or pepper once it begins to simmer. You may have to perform several taste tests before you've hit your comfort level. This gradual method of adding salt and pepper is optimal compared to adding them at once, because you may determine that you've added too much and that is a difficult fix with soups.

**Happy Holidays!**

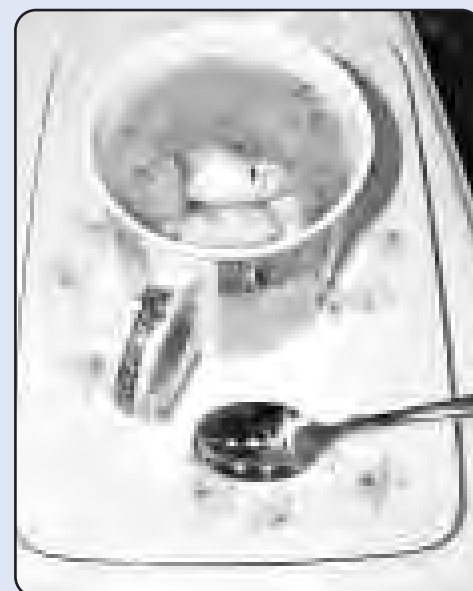


### Simply Chicken Soup

#### INGREDIENTS:

- 1 cup diced carrots
- 2 medium Roma tomatoes
- 2 cloves of garlic, minced
- 1/2 cup diced green onions
- 1 shallot
- 1 small white onion

- 6 white creamer potatoes, cubed
- Sea salt and pepper to taste
- Chicken stock or broth
- 2 tablespoons parsley
- 1 tablespoon oregano
- 2 tablespoons extra virgin olive oil



I like mine in a large soup-style cup.