



Cornell Health & Nutrition Balanced Choices for Life

Recipes

Dinner: Mediterranean Chicken Soup

Serves 4 -6

Ingredients

- 1 3½ to 4 lb chicken (whole)
- 6 carrots, peeled
- 4 celery stalks
- 1 large yellow onion, quartered
- 2 ½ teaspoons kosher salt
- 1 teaspoon whole black peppercorns
- 1 10oz. box couscous
- 1 cup Kalamata olives, pitted and chopped
- 1 cup fresh parsley leaves
- 1 15 oz can chickpeas, drained and rinsed
- 1 lemon, quartered

Directions

1. Rinse the chicken inside and out and pat dry with paper towels. Place the chicken in a large pot.
2. Cut 3 of the carrots and 2 of the celery stalks (including leaves) into 1-inch pieces. Add the carrots, celery and onion to the pot with the salt and peppercorns. Cover everything with cold water.
3. Bring to a boil. Reduce heat and simmer, skimming any foam that rises to the top, until the chicken is cooked through – about 30 minutes.
4. Thinly slice the remaining carrots and celery and set aside.
5. Cook couscous according to package directions. Add the olives and parsley to the cooked couscous and divide among the bowls.
6. Transfer the chicken to a bowl and let cool.
7. Strain the broth and discard the vegetables. Return the broth to the pot. Add the sliced carrots and celery and simmer until tender – about 10 minutes.
8. When the chicken is cool enough to handle, pull the meat off the bones and add it to the soup. Stir in the chickpeas and squeeze the lemon into the soup. Ladle into bowls over the couscous.

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