

Southwest Autumn Chicken Noodle Soup

TOTAL TIME: 1 hour 30 minutes

2 lbs chicken breast, diced	1 C water
6 slices bacon, chopped	1 C brewed Tri-Pepper Chai tea
2 T olive oil	2 C egg noodles
1 lg onion, diced	1 T cumin
3 cloves garlic, minced	1 T chili powder
1-inch piece of ginger, minced	1 † smoked paprika
4 carrots, sliced	1 † ground coriander
2 celery stalks, diced	1 † dried oregano
2 sweet potatoes, diced	1 † red pepper flakes
1 butternut squash, diced	Salt and pepper to taste
1 C Brussels sprouts, halved	1/4 C fresh cilantro, chopped
4 Yukon Gold potatoes, diced	1/4 C fresh parsley, chopped
1 jalapeño, sliced (optional)	Juice of 1 lime
8 C chicken broth	

PREPARATION: Crisp the bacon in a large pot over medium heat. Remove and set aside, reserving some of the bacon grease. Sear the chicken in the bacon grease and olive oil until browned. Remove and set aside. Sauté onions, garlic, and ginger in the reserved bacon grease until fragrant.

COOKING: Add carrots, celery, sweet potatoes, butternut squash, Brussels sprouts, Yukon Gold potatoes, and jalapeño (if using) to the pot. Sauté for 5-7 minutes. Add chicken broth, water, brewed Tri-Pepper Chai tea, cumin, chili powder, smoked paprika, ground coriander, dried oregano, and red pepper flakes. Bring to a boil, then reduce heat and simmer for 20 minutes.

NOODLES AND CHICKEN: Add egg noodles and cooked chicken to the pot. Simmer for an additional 10-12 minutes until noodles are tender. Season with salt and pepper to taste.

FINISHING TOUCHES: Stir in fresh cilantro, parsley, and lime juice. Add the crispy bacon back into the soup just before serving.

SLOW COOK METHOD: Crisp the bacon in a skillet over medium heat. Remove and set aside, reserving some of the bacon grease. Sear the chicken in the bacon grease and olive oil. Remove and set aside. Sauté onions, garlic, and ginger in the reserved bacon grease until fragrant. Transfer to a slow cooker. Add carrots, celery, sweet potatoes, butternut squash, Brussels sprouts, Yukon Gold potatoes, jalapeño (if using), chicken broth, water, brewed Tri-Pepper Chai tea, cumin, chili powder, smoked paprika, ground coriander, dried oregano, and red pepper flakes. Stir to combine. Cook on low for 8 hours or high for 4 hours. In the last 30 minutes, add egg noodles and cooked chicken. Season with salt and pepper to taste. Stir in fresh cilantro, parsley, and lime juice. Add the crispy bacon back into the soup just before serving.