



Chicken Soup Island Style

Preparation time - 2 hours

Ingredients

4 chicken thighs
4 garlic cloves
2 tbsps olive oil
1 tsp Salt or to taste
½ to 1 tsp Black or white pepper or to taste
1 bay leaf
2 quarts of water or clear chicken broth or equal amounts of each.
½ cup uncooked rice
4 pieces of celery
2 large carrots
2 red tomatoes
½ tsp oregano, dried
½ cup of scallions

Preparation

Saute thighs with olive oil and garlic 5 to 10 minutes turning several times until thighs are slightly golden brown on all sides. At this point, add the salt and pepper. Leave the skin on if possible as the oil from the skin adds additional flavor to the soup. Now add the 2 quarts of water and the bay leaf; let the thighs cook in the water until the meat from the thighs can readily be pulled apart from the bones. Depending on the size of the thighs it could take up to 1 hour of cooking time. Remove the thighs from the broth and separate the meat from the bones and cartilage. Cut or pull apart the meat into small pieces and place only the meat back into the broth. Add the uncooked rice, celery, carrots and tomatoes to the broth and allow to simmer for 30 to 40 minutes or until the rice is fully cooked. At this point add the oregano and scallions. Cook for an additional 5 minutes. Serve hot with your favorite bread. Add salt and pepper to taste if needed.

