

Chicken, Corn & Sweet Potato Soup

By Brian Copeland, RKC

Hearty, Healthy, Easy to Make and Reheats Great

INGREDIENTS:

- 1 tsp butter
- ½ to 1 cup chopped white onion
- 1 jalapeño pepper, chopped or minced your choice
- 6 - 7 cups of chicken broth
- 1 ½ to 2 lbs of sweet potatoes, peeled and cut into 1" cubes
- 2 lbs +/- cooked chicken, cut into ½" cubes
- 1 ½ - 2 cups of frozen corn
- ½ tsp salt or garlic salt. You can add more to taste
- Some chili powder to taste, several dashes to a teaspoon.
- Fresh cilantro leaves, tear the leaves and stems roughly.

DIRECTIONS:

- If chicken is raw, bake in oven at 350 degrees for about 15 – 20 minutes or however long it takes to get almost totally cooked through. Remove any skin or bones. Then cut it in cubes.
- Heat butter in a five-quart saucepan over medium-high heat until melted.
- Add onion and jalapeño and stir.
- Cook until onion is clear, usually just a few minutes or less.
- Add broth, potatoes, chicken, salt and chili powder.
- Bring to a boil.
- Reduce heat and simmer for 25 minutes or until the potatoes are fork-tender.
- Stir in corn and add cilantro.
- Increase heat to medium and cook five to six minutes more.
- Serve. Put the extra in the fridge for easy quick healthy leftovers.

TIPS:

- If you can find and afford it, go organic with everything you can and use free-range chicken
- You can substitute turkey for the chicken and broth
- If on a budget, use boneless skinless chicken thighs. If you can't find those get chicken thighs but remove the bone and skin before adding to the pot. Cheaper but a little more work. Personally I like the flavor of dark meat better anyway.

Enjoy!

To learn more or if you are ready to make real progress, contact me for some personal training program designs. If you feel guilty forking out a little dough, then consider that my services generally cost less than you spend eating out for lunch in a 2-week period. And now that you save money by eating out less you will have the extra dough ...er cash.

What do you have to loose except some unwanted body fat and a lot of bad lifting habits?



Brian Copeland is a Denver, Colorado based strength and conditioning coach, personal trainer and Certified Russian Kettlebell Instructor. Brian specializes in functional strength and athletic training, conditioning for martial artists, kettlebell lifting, fat loss and muscle gain. Brian has also rehabilitated several severe lower back injuries, including his own, through the use of “proper” strength and flexibility training.

Brian is available for private and group lessons and personalized program design. If you are tired of not seeing results contact Brian, he will design a personalized program based on YOUR goals, YOUR time and YOUR lifestyle.

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