

# Aguadito De Pollo (Peruvian Chicken Soup)

Yield: 9 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-soup-recipe>

## Ingredients:

- 1 tablespoon avocado oil or olive oil
- 1 poblano pepper large, cored and diced
- 1 white onion small, peeled and diced
- 1 tablespoon amarillo paste or 1 serrano or jalapeño pepper, cored and diced
- 5 cloves garlic peeled and minced
- 6 cups chicken stock divided
- 2 cups cooked chicken shredded or diced
- 1 pound yukon gold potatoes diced
- 1/2 cup brown rice or white
- 1/2 cup peas
- 2 teaspoons ground cumin
- 1 bunch cilantro leaves fresh
- 1 lime
- cilantro leaves optional
- sliced green onions optional

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 30 milligrams
4. Fat: 8 grams
5. Fiber: 3 grams
6. Protein: 16 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 260 milligrams
9. Sugar: 4 grams

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