

# Caldo de Pollo, or Mexican Chicken Soup

Yield: 6 min  
Total Time: 140 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-squash-carrot-onion-chicken-chinese>

## Ingredients:

- 5 pounds chicken
- 4 celery sticks chopped, divided
- 1 onion diced, divided
- 4 garlic cloves finely minced, divided
- 2 carrots chopped
- 4 squash Mexican, or zucchini, chopped
- 1 jalapeño finely diced
- 2 ears of corn chopped into 3-inch pieces
- 8 cups water
- salt
- pepper
- 2 bay leaves
- 2 limes
- 1 handful cilantro chopped

## Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 245 milligrams
4. Fat: 11 grams
5. Fiber: 5 grams
6. Protein: 78 grams
7. SaturatedFat: 4 grams
8. Sodium: 480 milligrams
9. Sugar: 5 grams

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