

what geeks eat...



Refrigerator Soup

- 1 boneless, skinless chicken breast, diced
- 2 chicken/spinach sausages, diced
- 1 medium onion, diced
- 1 can chickpeas
- 1 bunch dandelion greens, chopped
- 1 cup frozen, chopped red and yellow bell peppers
- 3 roma tomatoes, diced
- 6 cloves garlic, chopped fine
- 2 cups chicken stock
- 1 cup tomato water or tomato juice
- 1 tablespoon smoked Spanish paprika
- 1 teaspoon ground cumin
- 1/2 teaspoon red pepper flakes
- 1/4 teaspoon chilpotle powder
- 1 tablespoon olive oil
- salt / pepper

Heat a 4 quart pot on a medium burner, add the olive oil and the onions and sauté until it starts to brown. Add the chicken and sausage and sauté. Add all the other ingredients and bring to a boil. Turn the heat down to a simmer and let it cook for 15 minutes or until the greens are tender. Taste for salt/pepper and adjust accordingly. Serves 2-4