

Irish Soul Soup

Adapted from Clodagh McKenna

Ingredients:

2 tablespoons olive oil
1 yellow onion, diced
2 cups carrots, diced
2 cups celery, diced
1 cup leeks, diced
8 fluid oz Guinness
4 cups chicken stock
1 lb chicken breast (about 2 breasts)
2 tablespoons flat leaf parsley, chopped
Salt & Pepper to taste

Directions:

1. Place large pot (preferably a Dutch oven) over medium heat. Add olive oil. Cook chicken breasts. Once chicken has cooked through, remove from the pot and place on cutting board. Add onion, celery, leeks, and carrots to the pot. Stir, scraping the drippings from the bottom of the pan. Season with salt and pepper. Cover with lid and reduce heat to low. Cook for five minutes, stirring occasionally.
2. Meanwhile, shred or dice the cooked chicken.
3. Remove the lid and stir in the Guinness and chicken stock. Stir and increase the heat to medium. Bring to a boil.
4. Return the chicken to the pot, reduce the heat to low and simmer for 15 minutes.
5. Stir in the chopped parsley just prior to serving.

Some notes:

Never chopped a leek? Leeks are grown in sandy soil and will have some sand particles that will need rinsed off between the layers. Cut the root end off of the leek and then cut off the leafy green part above. You will be left with a round stock that is white on one end and bright green on the other. Lay this flat on your cutting board and slice in half lengthwise down the middle. Hold the half-circle piece under running water and rinse the sand particles between layers.

Gluten-free? Just leave out the Guinness and replace with an extra cup of chicken stock.

Need a vegetarian option? Leave out the chicken and substitute the chicken stock for vegetable stock. Vegan? Also sub out the Guinness for a different stout or even something like a Harp lager for a different Irish beer flavor 😊

Makes 4 servings