



Chesapeake Bay Chicken Vegetable Soup

A "landlubber's" variation on the Crab-Vegetable soup long enjoyed all over Maryland. (A welcomed treat for those with shellfish allergies!)

- 1 tablespoon olive oil
- 2 cups diced yellow onions
- 2 carrots, cut lengthwise, then into thin slices or half moons (about 1 cup)
- 1 cup diced celery
- 8 ounces trimmed fresh green beans, cut in 1-inch pieces (about 1½ cups)
- 1¾ - 2 pounds chicken thighs, skin and excess fat removed
- 8 ounces Yukon Gold potatoes, in ½-inch cubes (about 1¾ cups)
- 1½ cups fresh or frozen yellow corn kernels
- 1 cup fresh or frozen baby lima beans
- 2 tablespoons Worcestershire sauce
- ½ tablespoons Old Bay Seafood Seasoning
- 1 bay leaf
- 2 quarts homemade chicken stock or low-sodium chicken broth, divided
- 1 (28-ounce) can whole tomatoes

Cook's Secret:

It's the Old Bay Seasoning that gives it that distinct "seafaring" flavor. Find it in the spice section of the grocery store or at the seafood counter.

Heat the olive oil in an 8-quart heavy stock pot over medium high heat. Stir in the onions, carrots, celery and green beans and sauté for 2 - 3 minutes or until the vegetables begin to soften.

Add the chicken thighs, potatoes, corn, lima beans, Worcestershire sauce, Old Bay, bay leaf and 2 quarts homemade stock to the sautéed vegetable mixture. Using your hands, carefully squeeze the whole tomatoes and break into small pieces. Add to the pot, stir well and bring to a boil.

Reduce heat and simmer for 45 minutes, stirring occasionally.

Remove the chicken thighs and set aside to cool, and continue to simmer for another 30 minutes. When the chicken is cool, remove it from the bones, then chop the meat and stir it into the soup. Remove the bay leaf and taste for seasoning.

Serve with chowder crackers.

Yield: 1 gallon

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