

# ANIMAL, VEGETABLE, MIRACLE

*A Year of Food Life*

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## CHICKEN RECUERDOS DE TUCSON

**1 whole cut-up chicken, or thighs and legs**

**Olive oil (for sauté)**

**1 medium onion, sliced**

**2-3 cloves garlic, minced**

Brown chicken in a large kettle. Remove chicken, add oil, gently sauté the onion and garlic.

**1 tsp cumin seed**

**Green chiles to taste, chopped**

**2 red or green peppers**

**1 large or 2 medium zucchini or other squash, thickly sliced**

Add to kettle and sauté, add small amount of broth if necessary.

**1 cup tomatoes (fresh, frozen, canned, or ½ cup dehydrated, depending on season)**

**2 cups corn kernels**

**2 tsp. oregano**

**1 tsp. basil**

**2 cups chicken broth or water**

Add to kettle along with browned chicken, add water or broth (more if using dried vegetables), cover and simmer for 30 to 40 minutes, until chicken is done to bone. Garnish with fresh cilantro.

