

## THE GOODS

2 lb organic chicken thighs	1/2 cup red onion
1 jar your favorite salsa	1/2 cup chopped cilantro
3 cups chicken broth	1 Lime
2 cup baby bell peppers	5 drops Cilantro food grade essential oil (optional)
2 cup spinach	1 cup grated cheese (optional)
1 can organic pinto beans	Sea salt to taste
1 avocado	

## THE METHOD:

Simmer the chicken thighs whole in broth and salsa (any kind and spice level of salsa that you love) over medium to low heat for about 20 minutes, until thighs are tender. Add more broth as needed, it should be a stewy consistency. Remove chicken and pull or chop

into bite size pieces. Add back in along with chopped baby bell peppers, spinach, cilantro oil (optional), pinto beans, and sea salt,. Simmer 10 minutes. Taste, and add more salt if needed. Top with lime, cilantro, red onion, avocado, and optional cheese. Serve over rice or with a warm corn tortilla.

*\*Recipe Inspired by Caitlin Latessa Greene @Starinfinite foods*

