
Captain Bill`s Cajun Chicken Soup

O'Leary's Restaurant - Sarasota, FL

Sarasota`s Chef Du Jour - 1992

2 (2-1/2 pound) chickens
1 green pepper, chopped
1 red bell pepper, chopped
1 cup celery, chopped
1/2 cup onion, chopped
1/2 cup scallions, chopped
3 cloves garlic
coarse ground black pepper
cayenne pepper
red pepper
salt
1 quart sauterne wine

Boil the chicken in water until the meat flakes easily from the bone. Set aside until cool enough to remove the bones and skin. Reserve the broth.

Chop the chicken into one-inch pieces.

In a large pot or Dutch oven, saute' the onions, scallions and garlic in two to three tablespoons of oil.

Add the remaining ingredients to the mixture including salt and pepper to taste. Add the wine. Add the chicken pieces. Pour in sufficient broth to obtain the desired consistency.

Cover and simmer for one hour.

Serve as is or over cooked rice.

Yield: 4 to 6 servings

Soups, Chili, Stew

Per Serving (excluding unknown items): 4314 Calories; 257g Fat (63.6% calories from fat); 289g Protein; 42g Carbohydrate; 9g Dietary Fiber; 1491mg Cholesterol; 1311mg Sodium. Exchanges: 40 Lean Meat; 5 1/2 Vegetable; 26 1/2 Fat.