



Chicken and Squash Soup

Level: Easy

Prep Time: 20 minutes

Serves: About 6

Cook Time: 35 to 45 minutes

- 1 small round onion
- 2 tomatoes
- 2 cloves garlic, minced
- 2 to 3 inches fresh ginger, peeled and crushed
- About 2 pounds green opo squash
- 5 fresh boneless, skinless chicken thighs
- 5 cups water or 3 (14.5 oz.) cans low sodium chicken broth (see Notes below)
- Patis, to taste (optional)



1. Cut onion in half. Remove and discard outer skin layer. Cut each onion half into thin slices. Set aside.
2. Cut tomato in half. Cut each half into thirds. Set aside.
3. Cut off the ends of the opo squash. With a vegetable peeler, remove the outer skin. Cut into 2-inch sections. Cut each 2-inch section in half and remove all seeds. Cut squash into equal slices. (See picture below-right.)
4. Cut chicken thighs into bite-sized pieces. Remove and discard the veins and as much visible fat as possible.
5. In a large pot, cook chicken pieces on medium high heat until thoroughly cooked. Add the sliced onion, cut tomatoes, and minced garlic. Stirring occasionally, cook until the tomatoes have softened and are breaking apart and the onions are translucent. Add the water (or chicken broth), crushed ginger, and opo squash. Bring to a boil, then reduce heat and simmer, cooking the soup until the squash becomes soft and translucent. Stir occasionally. Add patis to taste, starting with 1 Tbsp. and adding more as desired. (Once the squash is soft and translucent, turn off the heat. You don't want the squash to overcook and become mushy.)
6. Serve with hot, white rice or mini saltine crackers.



Notes:

- If you don't like the strong taste and smell of patis, I would recommend omitting the patis entirely and using chicken broth instead of water. Season with salt & pepper.
- The opo squash in the picture above weighed over 4 pounds. A 2-pound squash is much smaller.