

THE GOODS

5 slices nitrate free bacon (or turkey bacon)	3 cups potato
5 cup shredded turkey (or chicken)	2 cups frozen roasted corn (the kind that is blackened a bit if possible)
1 yellow onion	2 drops oregano essential oil (or 2 tsp dried oregano)
2 cloves garlic	1 tsp cumin
2 Tbsp olive oil	Salt to taste
2 carrots	Pepper to taste
Red bell pepper	4 drops liquid smoke (optional)
2 4 oz can mild green chili	48 ounces Chicken or turkey broth
1 jalapeño	1 cup milk of choice

THE METHOD:

Saute onion and garlic in olive oil, and a pinch of salt until translucent and aromatic. Meanwhile cook bacon until lightly crisp on a baking sheet in the oven. When done, chop into bite sized pieces. Add in carrot, peppers, and chilies, with another pinch of salt. Once lightly cooked add broth, potato, corn, oregano, cumin, and optional liquid smoke and simmer for 10 min. Stir in shredded turkey (or chicken) and bacon simmer for 10-20 min. Add in extra broth if needed and then add milk of choice and salt and pepper to taste.

