Chicken and Vegetable Soup

1 pound ripe tomatoes, cored and quartered

1 large onion, quartered

6 garlic cloves, smashed

1 bunch fresh cilantro, stems and leaves chopped separately

2 Tablespoons olive oil

2 pound bone-in chicken thighs

2 quarts chicken broth

1 1/2 cups long grain rice

2 medium zucchini, quartered and sliced into 1/4" thick slices

12 ounces green beans, trimmed and cut into 1/2" pieces

1 ripe avocado, chopped

1/2 cup queso fresco

lime wedges

In blender, combine tomatoes, onion, cilantro stems and garlic.

Blend until smooth.

Heat oil in Dutch oven.

Add chicken, skin side down and cook until browned.

Transfer to a plate.  Add the tomato mixture and cook 6-8 minutes.

Stir in broth.  Return the chicken to the pan and bring to a simmer.

Cover and cook 30 minutes or until chicken is cooked through.

Remove pot from heat.  Transfer chicken to a plate.

Combine rice and 2 1/4 cups broth in a saucepan.

Bring to a simmer, cover cook 18 minutes.

Remove from heat.  Uncover.

Drape a towel over pan until ready to serve.

Shred the chicken.

Bring broth to a simmer.  Add zucchini and beans and cook 5 minutes.

Remove from heat.  Stir in chicken and half of the cilantro leaves.

Fluff rice and divide among individual bowls.

Season with salt and pepper.  Ladle the soup over rice.

Top each bowl with avocado, cheese and remaining cilantro leaves.

Serve with lime wedges.