



SEASONINGS CHANGE

a mother-daughter journey written by Mackenzie Krauter

The fall season ushers in all my favorite things. Cozy blankets, movie nights, a fire in the fireplace and finally being able to drape my body in layers of sweaters and coats. The house feels fresh with renewed order, peace, and structure. You can stay inside. Summer is fun but it can feel chaotic and random. If summer is a fling, fall is where things start to get serious. Don't get me wrong. I love a good vacation or camping trip. All the various activities of summer tend to keep me out of routine and routine is where I thrive. As the weather starts to get colder the focus shifts inward. Our house, our family rituals, and my personal habits realign with the start of a new school year.

Fall is arguably the best food season and soup is the greatest fall meal. It's the perfect process for a slow day. The pattern is always the same. First the base, then the broth, the protein, and the finishing touches. It's therapeutic. I become a magician making beautiful things happen out of pantry staples and only a few fresh ingredients. You have to take your time. A good soup can't be rushed. Making soup brings up memories with

my mom. One of the soups that we would make the most when I was growing up was mom's chicken enchilada soup. It's cozy, comforting and full of spice. It's filling enough to be a meal on its own. The toppings are what make it most delicious.

Growing up, Mom and I were basically the Gilmore Girls except for the fact that we were slightly less dramatic and had fewer love affairs. We were each other's person. Most of our time was spent together. We both prioritized our relationship. Arguments were pretty rare from what I remember. I didn't challenge her very much even in my teens. I didn't think I needed to. Things were pretty chill and we were both happy with that.

Mom moved to Montana after I graduated and for the first time we were doing life apart from each other. Things were different. I needed to take the skills and life lessons she had provided me and find my way in the world. It was a new challenge to find the right balance. It took a while for us to acclimate to our new style of relationship. We saw each other during visits and we communicated over

the phone. We had to learn how to be more intentional with our limited time together. At times the distance was confusing and lonely but we eventually found our groove.

Then I got married and I became a mother. My relationship with my mom changed again. She was not only my mom but the grandma to my children. There were more variables at play. We didn't spend a lot of alone time together in this busy season of life. Sometimes there would be miscommunications and we hurt each other's feelings. We had some difficult conversations. Over time we opened up about our feelings which strengthened our relationship. There is a new depth and appreciation that we have for each other. A few months ago my husband and I moved to Montana. After living far away from my mom for 7 years we are finally living in the same community again. I feel a balance in my relationship with my mom. We have settled into our new roles and lives. Wading through the ups and downs and honoring and respecting each other's differences brought us to a good place. A new place.

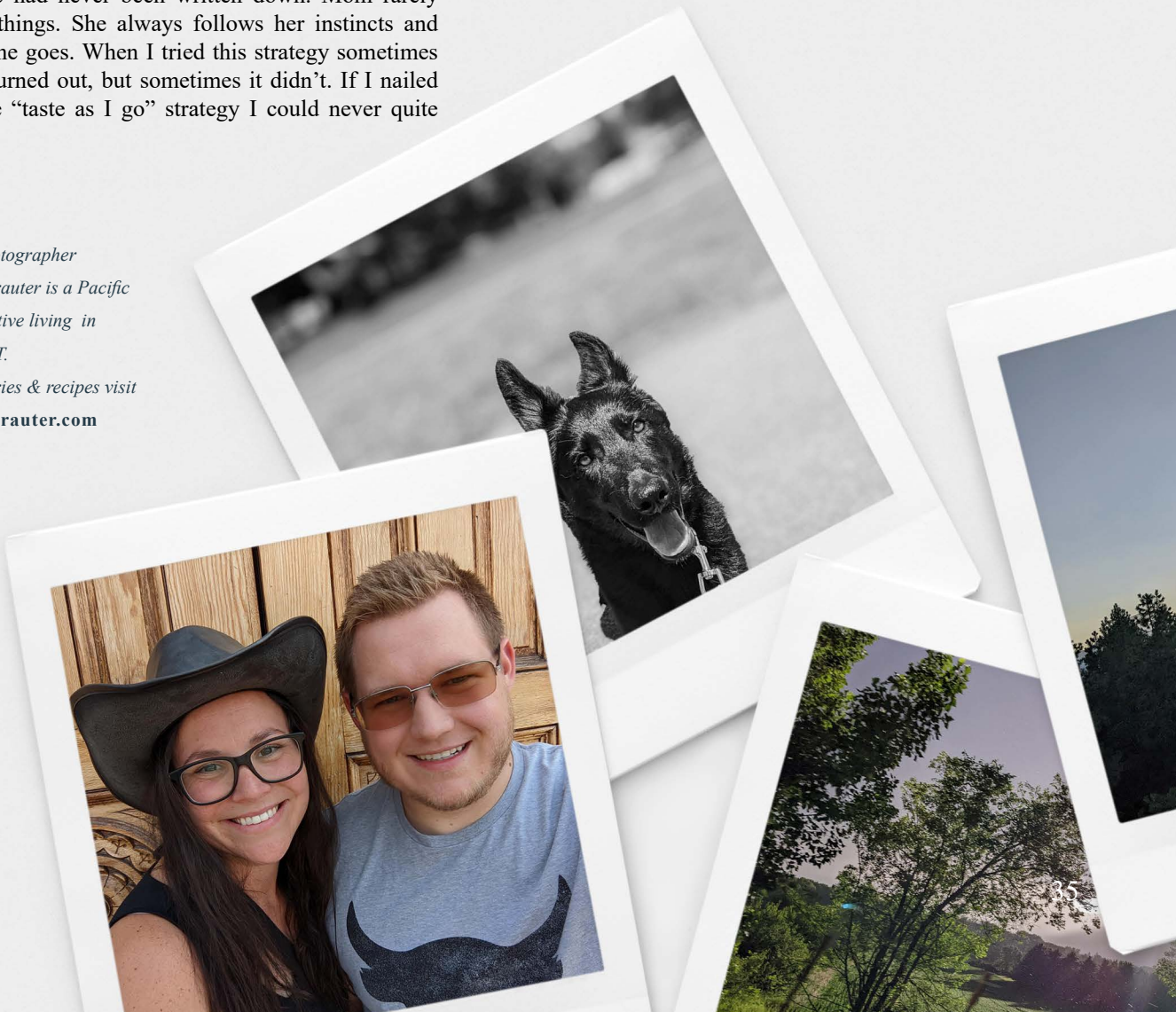
Like summer turns to fall, motherhood and daughterhood have different seasons. When I got married I started making my mom's chicken enchilada soup for my family. The recipe had never been written down. Mom rarely measures things. She always follows her instincts and tastes as she goes. When I tried this strategy sometimes the soup turned out, but sometimes it didn't. If I nailed it with the "taste as I go" strategy I could never quite

replicate the same result again which was disappointing. I wanted to be able to be consistent and know that I knew how to make a quality dish every time.

I started to narrow down what was working and what wasn't for my version. Through trial and error, I finally landed on the right balance for us. The right amount of kick. The right consistency. The right amount of toppings. (A lot!)

At this point in our lives, if my mom and I were to make this soup standing side by side each soup would be distinct. This soup mirrors the process of our relationship. A good thing that turned into another good thing. Change can be hard, but it can produce good results if you let it. I took the inspiration that my mom gave me and made it into something new and fresh. With her creativity and love as a starting place, I produced a recipe that could live on in our family tree. I wanted it written down so I could replicate it anytime I wanted. So I could share it with others. And so someday my children can learn to make it and put their spin on it. I am different than the person I used to be. My relationship with my mom has evolved and so has this soup. The essence of my mom's influence is always there, inspiring me and adding flair and flavor to my life.

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(Pictured) Mackenzie Krauter's homemade chicken enchilada soup topped with fresh avocado, sour cream, & cilantro.

1	Diced Onion
3 tbsp	Olive Oil
1 tsp	Salt
1 tsp	Garlic Powder
2 tsp	Cumin
½ tsp	Smoked Paprika
1 tsp	Chipotle Chili Powder
1 tsp	Garlic Powder
1 tsp	Onion Powder
1 tsp	Himalayan Pink Sea Salt
½ tsp	Oregano
Pinch	Black Pepper
3 tbsp	Chicken Bullion Paste
1 can	Black Beans
3	4oz Cans Diced Green Chiles
1 can	Corn
½ cup	Half & Half
1 cup	Rice
7 cups	Water
10	Boneless Skinless Chicken Thighs
	Avocado
	Cilantro
	Sour Cream
	Tortilla Chips
	Shredded Cheddar Cheese

CHICKEN ENCHILADA SOUP

Mackenzie Krauter's flavorful homemade chicken enchilada soup floods the senses & warms the heart.

Preheat the oven to 400 degrees. Place the chicken thighs on a baking sheet and season them with salt, garlic powder, and a pinch of black pepper. Season both sides of the chicken. Bake the chicken in the oven for approximately 25-30 minutes or until the internal temperature is 165 degrees. Flip the chicken over halfway through the cooking time. Allow the chicken thighs to cool and cut them into bite-sized pieces. Heat the olive oil in a large pot or Dutch Oven on medium heat. Add the diced onion & saute until softened (about 5 min). Add the spice mixture (cumin, smoked paprika, chipotle chili powder, garlic powder, onion powder, Himalayan pink sea salt, oregano, and a pinch of black pepper) & the three cans of diced green chiles. (Add the chile liquid from the can as well, do not drain). Cook the onion and chile mixture for another 3-5 minutes. Mix the chicken bullion paste with 2 cups of water & add it to the onion chile mixture. Blend this mixture with an immersion blender until smooth. (You can use a regular blender if you don't have an immersion blender). Add the remaining 5 cups of water and bring the soup to a boil. Add the rice and reduce the heat to medium. Cook for about 25 minutes, stirring occasionally until the rice is fully cooked. Reduce the heat to a simmer and add the chicken to the soup. Drain the canned beans and canned corn and add them to the soup. Add the half & half. Heat the soup to the desired serving temperature. Add a little more water if needed to reach the desired consistency. Serve the soup topped with avocado, cilantro, sour cream, shredded cheddar cheese, and crunched-up tortilla chips.