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Nutritional Counseling

Chicken Soup ©

Ingredients:

- * Whole chicken cut up and washed, (bone in)
- * 6-8 cloves of garlic
- * 1 onion cut up
- * 1 box of organic chicken broth
- * Equal parts water

Directions:

1. Bring to a boil in a large pot for 10 minutes
2. Set to simmer

Add:

- * Cabbage chopped
- * Broccoli chopped
- * Celery chopped
- * Zucchini chopped
- * Spinach
- * Parsley chopped

Optional to Add:

- * Asparagus
- * Leek chopped
- * Green Beans
- * Brussels sprouts
- * Chives chopped
- * 1 cup of Lentils
- * 1 cup of Wild Rice

Vegetarian Option:

- * 2 cups of Lentils
- * 1 box of Organic Vegetable Broth

To season just before serving add:

- * Celtic sea salt
- * Braggs Amino Acids
- * White and black pepper