

Healing Chicken Soup

An immune-boosing soup—the ultimate comfort food



INGREDIENTS:

2 tablespoons oil
Salt and pepper to taste
8 cups chicken stock
2 tablespoons lemon juice
2 bay leaves
½ teaspoon dried thyme
½ teaspoon dried oregano
1 sprig rosemary, or ½ teaspoon dried
2 tablespoons chopped fresh parsley leaves
4 garlic cloves, minced
1 pound boneless, skinless chicken breasts cut into small pieces
1 onion, diced
2 carrots, peeled and chopped
2 ribs celery, chopped
16 ounces mushrooms, sliced thin
½ cup uncooked pasta of your choice, or rice
1 bunch kale, stems removed, leaves chopped
1 can (15 ounces) beans (whatever you have on hand), drained and rinsed

DIRECTIONS:

1. Heat 1 tablespoon oil in large stockpot over medium heat.
2. Season chicken with salt and pepper. Add chicken to pot, cooking until golden about 2-3 minutes per side.
3. After removing chicken, add 1 tablespoon oil to the stockpot. Add onions, carrots, and celery.
4. Cook, stirring occasionally, until vegetables are tender about 3-4 minutes.
5. Add garlic and mushrooms, stirring occasionally, until browned about 5 minutes.
6. Stir in thyme, oregano and cook for about 1 minute.
7. Pour in chicken stock and add bay leaves and bring to a boil.
8. Stir in pasta or rice, chicken and rosemary. Reduce heat and simmer until pasta is tender according to the package instructions.
9. Add in kale and beans, cooking for about 3 minutes.
10. Stir in lemon juice and fresh parsley and season with salt and pepper to taste.
11. Serve immediately and enjoy!

