



CHICKEN AND VEGETABLE SOUP

People have been eating chicken and vegetable soup for centuries especially when they have a virus or are unwell. It is so full of goodness- it contains the broth/stock with all it's healing benefits, plus all those vegetables full of minerals, and the wonderful proteins, minerals, and amino acids from the chicken. It really does pack a big punch. It is especially nourishing if you are experiencing any illness, detoxification or healing reaction. I love to have a few serves frozen ready to defrost if anyone gets sick in our house. This also makes great lunches for the school or work thermos.

Ingredients:

- Nob of butter and splash of grapeseed oil/ other high smoke point oil
- 1 whole organic, free-range chicken
- 2 onions, chopped
- 2 carrots, chopped (skin on)
- 2 celery stalks, sliced finely
- 5 garlic cloves, crushed
- Sea salt
- 2 Bay leaves
- Parsley, large handful chopped (and/or coriander, thyme, marjoram or any garden herbs you have)
- 3 tbsp / big glug of Apple cider vinegar
- Water- filtered or spring
- 3 cups of chopped mixed vegetables of your choice (broccoli, cauliflower, cabbage, more carrots and celery, parsnips, turnips etc)

Method for large saucepan OR pressure cooker:

1. Place a nob of butter and a splash of grapeseed oil into a hot large saucepan or pressure cooker. Once it is melted, pop in the onions. Sauté until softened.
2. If you are using a **large saucepan**, next add in the whole chicken and all the ingredients except the 3 cups of extra chopped vegetables. Add in enough water to cover the chicken. Bring to boil and simmer for 1.5hrs.

If you are using a **pressure cooker**, add in all the ingredients except the 3 cups of extra chopped vegetables – but chop the chicken into 6 parts first (halve it, then chop off the drumsticks and wings). Add spring water to only three quarters fill the pressure cooker. Seal. Bring up to pressure and cook for 30 minutes. Release pressure.

3. Then take out the chicken and shred off the meat with a fork. Set the bones aside. Strain the broth and put the strained contents into the compost or feed it to the chooks. Then add in the 3 cups of chopped vegetables to the strained broth. Bring to the boil and simmer for 20 minutes until the vegetables are tender. Add back in the shredded chicken and serve.

The bones can be used to make more stock. See my recipe of slow cooked stock making.

Enjoy this for any meals- breakfast, lunch or dinner. It is great for when you are unwell, and great for school or work lunches.

Enjoy!