

Chicken Soup

Serves: 4 | Detox Recipe | Gluten Free | Mains



INGREDIENTS

1 tbsp grass fed ghee
 6 chicken legs (or wings)
 1 tsp sliced ginger
 1 onion, finely sliced
 3 garlic cloves, sliced
 1 leek, washed & finely sliced
 4 carrots, finely sliced
 4 large celery sticks, sliced
 2 small potatoes, chopped
 4-6 cups water
 6 sprigs fresh thyme
 1 tbsp apple cider vinegar (ACV)
 Salt & Pepper

METHOD

1. Heat the ghee (or olive oil) in a large casserole dish.
2. Sauté onion, garlic, ginger, leek, celery & carrots till soft.
3. Add chicken, potato & cover with water.
4. Add thyme and ACV and simmer for 60 mins.
5. Remove chicken take the bones out, add the chicken meat back into the soup.
6. Pour into bowls and serve with chopped parsley.

Immune Boosting Soup

This nourishing soup is a delicious winter warmer. It's great during the change in seasons or if you feel a cold wriggling in.

Onion, garlic & ginger are traditionally used to boost immunity, thyme has anti-microbial properties and the chicken is a good source of protein.

You can use white potato, sweet potato or red potato (Kumera) for additional nutrition.

Add fresh chopped parsley when serving for some vitamin C.