



1600 Sheridan Drive, Lancaster, OH 43130 - 740.687.0279

Your Body, Your Health, Your Life

Renewed!



Immune Boosting Soup



Wonderful immunity building soup that is absolutely delicious any time of year. Once you get versed in making this, you may never want another type of chicken soup again. Yes, it is that good!

Ingredients: 1 Whole Chicken (free-range, pastured or organic), 1 Tbsp, raw apple cider vinegar, 3-4 qt. of filtered water, 4 medium size onions, coarsely chopped, 8 carrots peeled, coarsely chopped, 2-4 zucchinis coarsely chopped, 4 Tbsp. of extra virgin coconut oil, ½ c frozen green peas, 4 inches grated ginger (¼-½ tsp.), cayenne pepper, 6 celery stalks, coarsely chopped, 1 lb green beans, 1 bunch parsley 5 garlic cloves, 2-4 Tbsp. Celtic-Sea Salt, ½ cup of Quinoa .

Directions: If using whole chicken: make sure to remove gizzards, and fat glands from cavity. Place chicken or chicken pieces in large stainless steel pot with water, vinegar, garlic, ginger, salt, cayenne pepper, extra virgin Olive Oil, and all vegetables (except parsley & Quinoa). Let stand for 10 minutes before heating. Bring to a boil, remove the scum that rises to the top. Cover and cook for 8-12 hours. The longer you cook the Stock the more cleansing it will be. Add Quinoa 30-40 minutes before finishing stock. Add parsley 10 -15 minutes before finishing stock.

Can modify this recipe for convenience by adding pre sectioned chicken pieces up to 2 lbs.