

Recipe for: Lori's Chicken Soup

Ingredients:

1 whole chicken, or 3 large bone-in breasts
1 bunch celery, chopped
1 large onion, chopped
10-12 large carrots, peeled and chopped
1 zucchini, halved and chopped
1 yellow squash, halved and chopped
2 Tbsp. minced garlic
1 Tbsp. basil
1 Tbsp. oregano
2 Tbsp. chicken base
2 cups cooked brown rice
Real Salt

Optional to add: mushrooms, root vegetables (turnips, parsnips), spinach

Preparation:

In a large soup pot, boil chicken in water (approximately 45 minutes) until chicken is thoroughly cooked.

Remove chicken from pot- DO NOT discard water.

Using a spoon, remove the fat from the top of the water.

Add vegetables to water along with garlic, basil and bouillon.

Boil until vegetables are tender.

Remove chicken from the bone and discard skin and bones.

Add chicken to stock.

Meanwhile in a separate pot, cook rice as directed.

Add cooked rice to soup and let simmer 10 minutes.

Salt and season to taste.