CHICKEN AND VEGGIE SOUP

PHASE 2
Serves 6 to 8 (single portion: 3 cups)
1 whole chicken or chicken parts, skin removed
1 cup chopped onion
6 to 8 garlic cloves, minced
8 cups chicken broth
8 cups chopped fresh or frozen vegetables, including cabbage, broccoli, celery, spinach, kale, asparagus, leeks, chives, and mushrooms
1 tablespoon parsley or cilantro
1 teaspoon fresh or dried rosemary
½ teaspoon fresh or dried basil
½ teaspoon fresh or dried oregano
¼ teaspoon fresh or dried thyme
1 bay leaf
Sea salt and white and black pepper
Put the chicken in a large soup pot along with the broth and 8 cups of water. Add the vegetables and herbs. Bring to a boil, then lower the heat and simmer for 1 hour.
Let cool, then remove the chicken and debone. Add chicken meat to the soup, reheat, season with salt and pepper, and serve.”

Excerpt From: Pomroy, Haylie. “The Fast Metabolism Diet.” Harmony, 2013-04-09. iBooks.
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