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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