

Immunity Soup

Recipe adapted from *Cooking Light*
Provided by Placer/Nevada UC CalFresh
Nutrition Education Program and the Auburn
Interfaith Food Closet

SERVES: 8

PREP TIME: 20 minutes COOK TIME: 45 minutes



INGREDIENTS:

- 2 tablespoons oil
- 1 ½ cups chopped onion
- 3 celery stalks, thinly sliced
- 4 large carrots, thinly sliced
- 8 oz. mushrooms, thinly sliced (optional)
- 10 medium garlic cloves, peeled and minced
- 8 cups (64 oz.) chicken broth
- 2 teaspoons dried thyme leaves
- 2 bay leaves
- 1 can (15-oz.) beans, drained and rinsed
- 2 pounds boneless, skinless chicken breasts
- 1/2 teaspoon crushed red pepper (optional)
- 1 package (10-oz.) frozen spinach
- Salt and pepper, to taste

DIRECTIONS:

1. Heat oil in a large pot over medium heat. Add onion, celery, and carrots; cook 5 minutes, stirring occasionally. Add mushrooms, and garlic; cook for 3 minutes, stirring often. Pour in broth, add thyme, bay leaves, and beans. Stir and bring to a simmer.
2. Add chicken, and red pepper; cover, and simmer until chicken is done, about 45 minutes. Remove chicken from pot, cool slightly. Discard bay leaves.
3. Add spinach to soup; bring to a boil on medium-high heat; cover until spinach is thawed, about 5 minutes, stirring occasionally.
4. Meanwhile, shred chicken with 2 forks. Add chicken to soup, and stir; cover, and simmer, about 5 minutes. Add salt and pepper to taste, and serve.



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