



CHICKEN SOUP

“Don't be upset with the results you didn't get from the work you didn't do !”

Stock

Place chicken & vegetables in a large stock pot and cover with water. Bring to a boil and reduce to simmer for 4 hours or until chicken is falling off the bone. Strain broth into another pot and let cool. (Or, just purchase a good organic broth!)

Soup

Wash, cut & add vegetables of your choice to broth. Simmer for at least an hour until vegetables are tender. Bring to a boil and add noodles. Stir, reduce heat and cook until noodles are tender.

Place pot in refrigerator for 24 hours. Fat will rise to the top and congeal. Remove the fat. Optional: Remove meat from the chicken parts add it back into the soup or use in other recipes.



Yummy soup... Good for the soul and heals holistically.., lots of veggies, garlic, onions - add noodles and chicken for a hearty meal the whole family can enjoy!

Phone: 321.806.0183

E-mail: Gina@FindYourFitnessWithGina.com

