



Rhonda's Hearty Soup

People have asked for my soup recipe. This simple recipe provides leftovers too. The secret is in the broth and the spices. I use all ingredients organic...vegetables, broths, spices and chicken. I also use whatever variety of vegetables I have on hand. It changes the flavor. Below is my most recent ingredients.

Why organic? Research shows that organic produce is more nutritionally dense than conventional. Per Charles Benbrook, in a study from Washington State University Center for Sustaining Agriculture and Natural Resources, he has found that "across the important antioxidant compounds in fruits and vegetables, organic fruits and vegetables deliver between 20 and 40 percent higher antioxidant activity". These findings are not unique to this study.

Ingredients

- 3-32 oz. Pacific Foods Organic Broths (2 chicken bone broth and 1 vegetable broth)
- 1 lb. precooked, boneless chicken breast, chopped
- Vegetables ~ All diced. Small box of baby kale, 3 full-sized carrots, 3 celery stalks, white onion, 3+ cloves garlic, portabella mushrooms, broccoli
- Pour sprinkle in spices (about 3 Tbsp each) ~ Basil, oregano, onion and garlic powder, turmeric, thyme, 2 bay leaves
- Olive oil

Directions

1. Bake boneless chicken, then chop.
2. In big pot, sauté large chopped onion with olive oil until softened.
3. Add chopped garlic and sauté. Add more olive oil as needed.
4. Add broth.
5. Add chopped vegetables and chicken.
6. Add spices.
7. Cover to boil, then simmer for 3-4 hours.
8. Enjoy!