

# Chicken Soup & Root Vegetables

IMMUNE SYSTEM SUPPORTING

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You will need:

## Ingredients:

- Whole chicken- rinsed, giblets: remove & reserve

Peel & cut in quarters 1 each of:  
Onion, Turnip, Parsnip, Rutabega, Carrot  
1 stalk celery whole  
Giblets  
if handy Parsley

## Directions:

Put in a large soup pot, cover with enough water to cover

Bring to boil/then reduce to simmer for 2 hours.

Turn off heat. Strain broth with colander or sieve

Separate veggies from chicken & return strained broth to pot

Rough chop veggies & return to broth

Remove bones & most skin from chicken, rough chop & return to broth

ADD 2 more cups water, salt/pepper to taste

Season with: Italian seasoning or Parsley handful fresh chopped or 1 tsp

dry Sage 1/2 tsp, Rosemary 1Tbsp., Thyme 1 Tbsp.

Bring back to boil, Simmer 10 more minutes to reheat

Serve alone or add cooked noodles, rice or barley to each bowl before serving. For nose opening broth: ADD some ginger root or garlic & chopped green onions

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