



## CHICKEN VEGETABLE SOUP

(Serves 10)

*Very flavourful!*

*To reduce the fat, cook the chicken ahead of time, let the broth sit in the fridge overnight and scrape the excess fat off of the top.*

### 1 whole chicken, washed in cold water

Place in a stock pot and cover with water and 1 tsp sea salt. Bring to a boil. Reduce heat so the water is gently boiling. Simmer for 2 hours until cooked.

Strain broth into a saucepan. Set meat and bones aside. Add to the broth:

**1 tbsp basil**

**Pinch of ginger**

**4 – 5 carrots, cut into chunks**

**3 – 6 sweet potatoes, cut into chunks**

Simmer about 20 minutes until vegetables begin to get tender, then add:

**1 tbsp fresh parsley, chopped (or 1 tsp dried)**

**1 chopped onion**

**2-4 cloves garlic, chopped**

**1 small zucchini, sliced**

**1 cup fresh broccoli, chopped**

**½ cup frozen peas**

**Sea salt to taste**

Now it is time to separate the meat from the bones. The meat will be very soft at this point. Just pull chunks of meat and separate with fingers. Add to the pot. Let everything simmer until each ingredient is cooked. For a creamy soup, blend the cooked soup in a food processor in batches.

# of Servings: 1 Carb, 1 Protein, 2 Fats

Nutrition Facts	Amount/Serving		%DV*	
	Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. size 1 cup (211g)	<b>Total Fat</b> 10g	<b>15%</b>	<b>Total Carb.</b> 20g	<b>8%</b>
Servings 10	Sat. Fat 3g	<b>15%</b>	Fiber 4g	<b>15%</b>
<b>Calories</b> 249	Trans fats 0g		Sugars 5g	
<b>Fat Cal.</b> 86	<b>Cholest.</b> 73mg	<b>25%</b>	<b>Protein</b> 21g	
	<b>Sodium</b> 151mg	<b>6%</b>		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 270%	Vitamin C 30%	Calcium 6%	Iron 10%

### Ideas for Making Vegetable Soup Stock

1. Leftover water from steaming vegetables may be used as stock.
2. Save odd leftover vegetables in a bag in the freezer (especially broccoli, cauliflower, corn, zucchini, celery, carrots, mushrooms, turnips yams and cabbage). Place leftover vegetables in a pot, cover with water, bring to a boil on high heat, and then simmer on low heat for 20 – 60 minutes. After simmering, cool and strain the mixture and use the liquid for stock. You may wish to avoid using potatoes, beets and tomatoes for stock. Potatoes are very starchy and beets and tomatoes will colour the water and thus alter the colour of your soup.
3. Leftover cooked vegetables (such as the ones suggested above) can be puréed and used as stock. Use one cup vegetables for every five to six cups of water.

### THIS WEEK'S POSITIVE THOUGHT

***Life is full of setbacks. Success is determined by how you handle setbacks.***

Volume II, Number 4, January 26, 2009

© Julie Carrique, 2009 ~ 905-716-FOOD (3663) ~ [nutritionense@sympatico.ca](mailto:nutritionense@sympatico.ca)

*Achieve optimal health and transform your body!*