

Chicken Soup

(from previously made Whole Chicken Oven Roasted)



PREP TIME:
5 MINUTES

COOK TIME:
20 MINUTES

TOTAL TIME:
25 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 6-8 Servings

Ingredients:

- 2 lbs. Organic Shredded Chicken (**from previously prepared 6 lb. whole oven roasted chicken**)
- Reserved Vegetables (onion/celery/carrot) and liquid
- 32 oz. Organic Chicken Bone Broth (recommend Pacific brand)
- 1 32 oz. Organic Chicken Broth
- 1 Cup Water
- 1 15 oz. Can Cannellini Beans
- 2 Cups Organic Fresh Spinach - Chopped
- **Optional:** $\frac{1}{2}$ Cup (per bowl) Gluten Free Carb of Choice (**suggestions:** brown rice/quinoa/gluten free pasta)

Instructions:

1. Place pot with remaining chicken, vegetables and broth on burner – medium heat.
2. Once warmed up (about 5-8 minutes), add bone broth, chicken broth and water. Heat 5 minutes.
3. Once heated through – add beans. Let heat through another 5-7 minutes.
4. Remove from heat, add chopped spinach.
5. In individual bowls – add carb of choice. Ladle the soup on top.
6. Add sea salt to taste if desired.
7. **Suggestion:** Serve with leafy green salad.

***Try and use all organic ingredients if possible.**

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