



Citrus Chicken Soup

Serves 6-8

1 5-7 Lb Whole Chicken
5 Carrots, Whole
5 Carrots, Sliced
5 Stalks of Celery, Whole
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1 Lg Yellow Onion, Roughly Chopped
2 Tbsp Citrus Sea Salt
2 Bunches of Parsley, 1 Whole and 1 Chopped
1 Sweet Potato, Peeled and Cubed
1/2 Lb Fresh Green Beans, Cleaned and Halved
2 Shallots, Minced

Preparation:

I adore making soup from scratch. So much fun and tastes so good!

Start by placing the chopped onion, 5 whole carrots and 5 whole celery stalks in the bottom on a large stock pot. Add one bunch of parsley and place the chicken onto on veggies. Add water to cover and sprinkle 1 tbsp Citrus Sea Salt.

Bring to a boil and simmer for 1 hour. Remove the chicken, let cool for a few minutes and remove the meat from the bones. Shred the chicken and keep chicken meat in fridge till ready to use. Return the bones to the pot and simmer another 1 1/2 to 2 hours.

Strain all solids from the broth. Rinse out stock pot and return broth.

To the strained broth add the 2nd tbsp Citrus Sea Salt, sliced carrots, chopped parsley, celery and sweet potato. Simmer until veggies are tender. Add the chicken meat and green beans. Simmer another 10 minutes.

If you wish you can serve with rice or noodles. I like to cook those separately unless you know that you will not have any leftovers. The rice or noodles taste much better if added with each meal rather than left in soup...

Enjoy!