

Dr. Mom's Chicken Soup



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Stock Ingredients:

Roaster chicken-raw or one cooked from the store

one onion

2 whole peeled cloves garlic

whatever veggies you have-carrots and celery are usual

Stock Instructions:

Fill a stock pot with your chosen veggies, the onion and garlic and the chicken. Add water just to cover. Sprinkle in some salt. Let simmer on low for at least 4 hours. Strain making sure you reserve the broth and not accidentally strain it into the sink! Pick off all the chicken meat and toss into the broth. Use tongs to squeeze out all the goodie from the veggies and the chicken bones then dispose of them in the compost.

Now make the soup:

Chop 4 carrots and 4 celery stalks, one onion, 2 garlic cloves and whatever other veggies you want in your soup. Heat a tablespoon of olive oil and sauté garlic for 1 minute. Add onion and carrots and cook for 5 minutes. Add celery and continue to cook for a few more minutes, stirring frequently. Dump all your reserved broth and chicken meat into the stock pot. You can add egg noodles, broken pieces of spaghetti or rice at this point letting it simmer until cooked thru about 20 minutes. Skim off the foam stuff floating on the top of the soup. It's ready to win hearts over.