



# Chicken Soup with Bone Broth

## Ingredients

2-4 quarts chicken bone broth  
(I usually buy it premade in the store, but it can be homemade).

Cooked chicken meat, cut into bite-sized pieces (1 cup chicken pieces per 2 quarts broth)\*

1½ cups carrots, diced

1½ cups green beans, cut in bite-sized pieces

1 large onion, diced

1½ cups celery, sliced

Any additional vegetable(s) you have on hand

*To create a soup with vibrant vegetables that are not overcooked, I recommend cooking each vegetable separately to the stage of softness you desire.*

2 tsp ghee

4 garlic cloves, grated into the soup

cilantro or parsley, chopped (for serving)

salt and pepper, to taste

*Makes 4-8 servings*

## Directions

1. Sauté the onion in 1-1½ tsp ghee until soft; set aside.
2. Sauté the carrots in 1 tsp ghee until just fork tender.
3. Water sauté the celery until just fork tender.
4. Water sauté the green beans, until bright green and tender—do not overcook to the point where they turn a dull green.
5. Heat the bone broth in a large pot. Add the grated garlic, cooked vegetables and cooked chicken. Simmer a few minutes until hot.
6. Season with salt and pepper to taste. Ladle into bowls and serve with chopped cilantro or parsley.

If you have leftover chicken from a previous recipe, use that. If you just have frozen bone broth and don't have cooked chicken prepared, you can use this simple recipe:

1. Cover a whole chicken with water in a large pot, heat on the stove until boiling, then lower the heat.
2. Skim foam off the top and cook, skimming occasionally, for 1-2 hours, or until the chicken is tender enough to pull easily from the bone.
3. Use a pair of large tongs and a large ladle to remove the chicken from the pot, holding it over the pot for a few seconds to allow chicken cavity to drain.
4. Remove skin and discard. Debone, chop, and set aside the meat.
5. Add back the bones to start another delicious chicken stock or broth or save the bones for later.