

# Chicken Soup for the Soul day

**Directions:** Try this chicken soup recipe!

## Ingredients

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|---|--|
| <input type="checkbox"/> 1 Tablespoon of grated ginger        | <input type="checkbox"/> 1 yellow onion (diced)    |
| <input type="checkbox"/> 6 cloves of garlic (minced)          | <input type="checkbox"/> 2 Large carrots (sliced)  |
| <input type="checkbox"/> 1 tablespoon of grated turmeric      | <input type="checkbox"/> 2 Celery stalks (sliced)  |
| <input type="checkbox"/> 1 teaspoon of rosemary               | <input type="checkbox"/> 6 cups of chicken broth   |
| <input type="checkbox"/> 1 teaspoon of thyme (stems removed)  | <input type="checkbox"/> 1 pound of chicken thighs |
| <input type="checkbox"/> 1 cup of pearl or Israeli couscous   | <input type="checkbox"/> 1/2 teaspoon of salt      |
| <input type="checkbox"/> 1 Tablespoon of avocado or olive oil | <input type="checkbox"/> Ground black pepper       |



## Directions

- Place a pot over medium-high heat and add in oil. Once oil is hot, add in garlic, onion, carrots and celery; cook for a few minutes until onion becomes translucent.
- Next add in ginger and turmeric. Saute for 30 seconds. Then add in chicken broth, chicken breast, rosemary, thyme, salt and pepper.
- Bring soup to a boil, then stir in couscous. Make sure the chicken is covered by the broth.
- Reduce heat to medium low and simmer uncovered for 20-25 minutes or until chicken is fully cooked.
- Once chicken is cooked, remove and transfer to a cutting board to shred. Add chicken back to pot then stir in frozen peas. If you find that you don't have enough broth, feel free to add in another cup. Everyone likes their soup differently. Taste and adjust seasonings, if necessary. Enjoy.