

CHICKEN AND VEGETABLE SOUP



Prep time: 15 minutes



Cooking time: 90 minutes



Servings: 6–8

Ingredients

- 1 large yellow onion
- 3 stalks celery
- 3 large carrots
- 3 tablespoons olive oil
- Sea salt and black pepper to taste
- 1/4 cup minced rosemary
- 5 cups chicken stock
- 3–4 cooked chicken breasts

Directions

1. Peel and dice onion.
2. Wash and pat celery dry, then chop onions, carrots, and celery into small cubes.
3. Bring olive oil to medium heat in large pot and add onion. Cook for 5 minutes, until caramelized.
4. Add celery and carrots and cook for 7 more minutes.
5. Sprinkle with sea salt and pepper.
6. Add rosemary and combine well.
7. Add chicken stock and bring to a boil.
8. Reduce heat and simmer for 1 hour.
9. Shred or cube chicken and add.
10. Cook for 10–15 more minutes and serve.