



Recipes

Soup

Chicken Ginger Soup

Prep Time: 10 minutes

Cooking Time: 1.75 hours

Yield: 4 servings

Ingredients:

- 2 ½ pounds skinned chicken (on the bone)
- 3 long stalks celery
- ½ bunch scallions
- 3-inch piece fresh ginger, cut into slivers
- Sea salt to taste
- 2 teaspoons fresh lemon juice
- 1 bunch chopped fresh parsley or cilantro

Directions:

1. Place the chicken in a pot with enough water to cover it.
2. Cover the pot and bring to a boil over medium-high heat.
3. Add celery, scallion and ginger.
4. Reduce heat and simmer, covered, for 1 1/2 hours.
5. Remove the chicken, allow it to cool. Pull the meat from the bones.
6. Return chicken to the pot and add salt, lemon juice and parsley or cilantro.
7. Mix well and serve.