

CHICKEN SOUP MEAL

Serves 4

1 ½ pounds organic and cage free chicken
1 medium onion, chopped
1 carrot, chopped
2 stalks celery, chopped
2 cloves garlic
1 bunch parsley
1 bunch thyme
14 cups purified water
Celtic sea salt and pepper to taste.

In a large pot, mix all the ingredients and bring to a boil. Reduce the heat to low and let it cook for 2 hours.

Strain the stock through a fine sieve and serve the broth as a soup.

The chicken and the veggie can be served as an entrée.