

Wellness Chicken Soup

FROM THE KITCHEN OF
DEBBIE MACOMBER



Serves 6

Wellness Chicken Soup is the perfect comforting meal to eat when you're sick – or to boost your immune system when you aren't! It's delicious, rich broth is made from heaping amounts of ginger (an anti-inflammatory and anti-oxidant), garlic (to boost your immune system), and parsley (also boosts your immune system and is an anti-inflammatory). I've also packed it full of easy-to-digest ingredients like chicken, carrots, and brown rice that will fill you up but won't weigh you down. This will become your new go-to chicken soup to make for those you love.

Ingredients

- 1 ½ Tablespoon olive oil
- 1 small onion, chopped (about 1 cup)
- 3 cups sliced carrots
- 3 Tablespoons minced garlic
- 2 Tablespoons minced ginger
- 4 ½ cups chicken broth
- 4 skinless chicken thighs
- ½ cup short grain brown rice
- 1 teaspoon salt
- 2/3 cup minced parsley

Directions

In a large stock pot, heat oil over medium-high heat until shimmering. Add onion and carrots, and cook for 5-7 minutes, stirring occasionally, until onion is translucent. Add ginger and garlic; cook for 2 minutes. Add chicken broth, chicken thighs, rice, and salt; stir. Bring to a boil, then cover and turn heat to low. Cook for 30 minutes, until chicken and rice are tender. Transfer chicken to a cutting board, then use two forks to shred meat (discard bones). Stir shredded chicken and parsley into the soup, and cook 1 more minute, until heated through. Season with salt and pepper. Enjoy!