



Immunity Boosting Turmeric Chicken Soup



3-4 servings ⌚ 45 minutes

INGREDIENTS

- 1 Tbsp avocado oil (or olive oil)
- 1/2 small yellow onion finely diced
- 2 large carrots peeled and chopped
- 1 large parsnip peeled and chopped
- 3 stalks celery chopped
- 3 cloves garlic minced
- 1 lb boneless skinless chicken breasts chopped
- 2 tsp dried parsley
- 1 tsp ground turmeric
- 1/2 tsp black pepper
- 1/2 tsp ground ginger
- 1/2 tsp sea salt to taste
- 3 cups chicken bone broth
- 2/3 cup full-fat canned coconut milk
- 1 small head kale chopped

DIRECTIONS

1. Heat the avocado oil in a large stock pot or Dutch oven over medium heat. Add the onion and saute, stirring occasionally, until translucent, about 5 to 8 minutes. Add the carrots, parsnips, celery, and garlic and continue sauteeing, stirring occasionally, until vegetables are softened but still al dente, about 3 to 5 minutes.
2. Add the chopped chicken and cook just long enough to brown the meat, about 2 to 3 minutes.
3. Add the remaining ingredients, stir well and cover. Cook at a gentle simmer, stirring occasionally, for at least 30 minutes (ideally one hour). Taste soup for flavor and add more sea salt if desired. Serve and enjoy!

NOTES

If you have access to fresh turmeric and fresh ginger, feel free to use 2 teaspoons of peeled and grated fresh turmeric and fresh ginger, or to your personal taste.