

Angie Bloom

Chicken Detox Soup

INGREDIENTS:

- 1 ½ pounds chicken thighs or boneless skinless chicken breasts
- ½ cup leeks, chopped
- 12 cups water or low sodium chicken broth
- 1 tablespoon Garlic Oil or 3 garlic cloves, minced
- 1 can Green Chilies (4.5 ounces)
- 1 teaspoon crushed red pepper
- 1 teaspoon turmeric
- 2 tablespoon cumin
- 2 cups chopped carrots
- 2 fennel bulbs, chopped (you could also use cabbage)
- 1 ½ teaspoon salt
- 1 – 14.5 ounces “fire roasted” crushed tomatoes

Instructions:

1. Set a large sauce pot over medium heat. Add the garlic oil (you could also use garlic cloves and 1T olive oil), chopped leeks, and fennel. Sauté for 5-6 minutes to soften. Then add the chicken breasts, chopped green chilis, crushed tomatoes, water or chicken broth, all spices, carrots, and 1 1/2 teaspoons Himalayan sea salt.
2. Bring to a boil, lower the heat, and simmer for 20+ minutes, until the chicken thighs or breasts are cooked through. Then remove the chicken with tongs and set them on a cutting board to cool. Cut and chop to your liking and size and return to sauce pot.
3. Continue to simmer, taste, then salt and pepper as needed. Serve warm with a generous amount of diced avocado and green onions on top!

Nutrition: Servings 6 Calories 237 Fat 8.6g, Carbs 19.5g, Protein 22.7g, Fiber 5.4g, Sugar 8.2g

