

# Angie Bloom

## Easy Homemade Chicken Vegetable Soup

### INGREDIENTS:

- 2 Tbsp. garlic oil
- 2 lb. organic ground chicken
- 2 tsp kosher salt
- 1/2 tsp black pepper
- 1 (15 ounce can) diced tomatoes
- 2 stalks celery
- 5 medium carrots, cut into quarters
- 1 tsp ground fennel seed
- 1/4 teaspoon crushed red pepper
- 8 cups organic chicken bone broth
- 2 large leeks
- 3T tomato paste
- 1 1/2 cups chopped green beans
- 3 cups napa cabbage, sliced and chopped
- 2 bay leaves
- 1 cup frozen peas, optional
- 1/2 tsp apple cider vinegar

### Directions:

1. Sauté and heat garlic oil. Add ground chicken, season with salt and pepper and cook, stirring occasionally, until the chicken is no longer pink, approximately 7-8 minutes. As the chicken cooks, break it into small pieces with a wooden spoon.
2. Add diced celery, carrots, and leeks and cook until almost done, 4 mins approximately.
3. Add the fennel, crushed red pepper flakes and two bay leaves to the pot and sauté until fragrant.
4. Add the chicken stock and stir to combine.

5. Simmer on low for 10-12 minutes - add in napa cabbage, apple cider vinegar, frozen peas, diced tomatoes, and tomato paste, stir in all ingredients to incorporate.

