

Vegetable and Chicken Medley Soup

Ingredients:

Organic vegetable broth (I used organic cause I happened to go into a health-food store. A chicken broth is fine, but a beef broth may not add the same flavours...

2-3 cups of water

2-3 red potatoes

Half a bag of mixed frozen veggies or veggie of your choice

Half a bag of chopped organic carrots

Organic chicken breasts cut up into cubes

Salt and Pepper (Taste to determine how much)

2 chicken bouillon cubes

1 clove of garlic chopped up

Half of a red onion chopped up

Rosemary (Fresh is better, but I used dried)

Directions:

Pour broth and water in a large soup pot. Bring to a slight boil and add onions, garlic, rosemary, salt, pepper, and bouillon. Add chicken to the pot. After around 20 minutes add carrots, potatoes. Mixed veggies can be added during the last 10-15 minutes, since they cook so quickly. Salt and pepper to taste and devour! Approximate cooking time: 2 hours.

Side note: For this soup, I added raw spinach to the bottom of my bowl and poured the soup on top. Since the soup was super-hot it essentially cooked the spinach. I also added a bit of cheese to the top. Again, soup variations are so easy and can be catered toward your palate.