

Best Chicken Soup

RELIEF FROM DIARRHEA

15 Min. Prep | 42 Min. Cook
Makes 6 Servings

Ingredients

- 4 Chicken breasts, diced
- 3 carrots, diced
- 1 stalk celery, diced
- 1 zucchini, diced
- 1/2 Spanish onion, chopped
- 1 tomato, chopped
- 10 sprigs fresh dill, chopped
- 1 dash salt, to taste
- 5 peppercorns, to taste
- 1 Tbsp. coconut oil
- 20 fluid ounces water



Directions

1. Heat oil in a large pot on medium-low heat. Add the onion and cook until fragrant and translucent.
2. Add the tomato and cook additional 2 minutes.
3. Add the cut vegetables, spices, chicken, and water to the pot. Bring to a boil.
4. Reduce heat and simmer on low heat, skimming any foam that rises to the top until chicken is cooked through, about 30-40 minutes.

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Notes

Enjoy as a delicious lunch or dinner entrée.

Perfect make ahead meal.

Additional benefits:

- Includes 3 servings of vegetables!

Nutrition Info

264 calories, 42g protein,
7g total fat, 3g saturated fat,
141mg sodium, 6g carbs, 2g fiber,
0g added sugars

