



## THE DETOX SOUP RECIPE

If you have a 6 quart pan with two handles, you can make wonderful, healthy...and yes, soups that detox. Here's the easy way to make soup your family might eat:

Start with two containers of Organic Chicken Stock, pour into pan which is on low heat.

Peel and chop any vegetables that you have handy.

Carrots, celery & potato?

Peppers and spinach?

Add some chopped onion and voila, you are off and cooking!

Place chicken in 6 QT pot and fill with water until water almost covers chicken. (maybe 1" from top of bird). Place on medium heat. Once water is at simmer, let it cook for 1 hour, covered.

Remove chicken from pot and place in colander in sink.

While chicken is cooling, add vegetables to water. At this point, if you think you need more of any veggie, peel, chop and add them.

Bring veggies to rolling boil. After they are fork tender, add tortellinis and bring back to gentle boil/simmer. (you don't want it too boiling).

While all that is cooking, debone the chicken. I pull off the big pieces and cut them up after they have cooled further on cutting board.

NOW, after tortellinis are big and cooked, the chicken pieces have been added back in, add 2 tbs. of Better than Bouillion and stir. Taste the broth...does it need more salt? Then, add 1 more tbs. of the BTB. Taste again. After you have the salt content where you want it, add a couple twists of fresh ground pepper.

**THERE YOU HAVE IT!! BON APPETITO!**