



DETOX SOUP RECIPE

INGREDIENTS

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:

2 containers Organic chicken stock

Peel and chop any vegetables that you have hand

Carrots, celery & potato? Peppers and spinach? Add some chopped onion and voila, you are off and cooking!

PREPARATION

Place chicken in 6 qt. pot and fill with water until it almost covers chicken. (About 1" from top of bird).

Place over medium heat, simmer, and 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. If you think you need more veggies, add them now.

Bring to a rolling boil. After vegetables are fork tender, add tortellinis and bring back to gentle boil/simmer.

While vegetables are cooking, debone the chicken. Pull off the big pieces and cut them up after they have cooled further on cutting board.

After tortellinis are cooked and the chicken pieces have been added back in, add 2 Tbsp of Better Than Bouillion and stir.

Taste the broth...does it need more salt? If so, add 1 more Tbsp of the Better Than Bouillion. 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!