



Chicken Soup with a Conscience

Watch the YouTube demo via the link in the blog post.

This is an unbelievably easy way to warm your heart and soul while nourishing your body. Discover the ultimate chicken soup recipe made with Non-GMO, Organic, and Certified Humane chicken—the new gold standard for healthy eating!

These gold standard designations on food labels matter for both your health and your conscience. They ensure your foods are not full of chemicals like hormones and antibiotics, are not genetically modified, and—in the case of meat—that the animals are humanely raised and cared for. This means you get healthier meat and peace of mind!

Packed with fresh garlic, vibrant herbs, hearty vegetables like celery, carrots, onion, and shallot, plus nourishing spices like turmeric and poultry seasoning, this soup is a hug in a bowl. It's perfect for lifting the spirit of a sick friend or bringing comfort on a chilly day.

This hearty, healthy, and delicious homemade chicken soup is so easy to make—and it will truly warm your heart, body, and soul!

Ingredients:

4 - Chicken Breast (or 8 thighs) - Non GMO, USDA Organic & Certified Humane *see cooks note #1

3 TB Poultry Seasoning, organic, divided

1 tsp Garlic Powder

Pinch salt, pinch pepper

4 cups water

5 Cloves Garlic, chopped, organic

1 TB No Salt Seasoning, organic

1 tsp Turmeric, organic, dried

10 cups Vegetable Broth, organic

5-6 Ribs Celery, organic, chopped

3 Carrots, organic, diced

1 Yellow Onion, organic, chopped

1 Shallot, organic, chopped

4 sprigs fresh thyme, organic

4 sprigs fresh rosemary, organic

Procedure:

1. Wash and pat dry chicken. Sprinkle 1 TB poultry seasoning, garlic powder, salt & pepper on chicken and let sit for 15 minutes.
2. On high heat, bring 4 cups of water to a boil in a large stock pot, and add chicken and garlic cloves, once boiling, turn to medium heat and simmer 15 minutes.
3. In a second larger stock pot, add ¼ cup to ½ cup of vegetable broth and over medium high heat, saute celery, onion, shallot and carrots about 10 minutes (adding more broth as needed). Add remaining 2TB poultry seasoning. Once boiling, reduce heat to low and cover.
4. In the first pot (with chicken), add turmeric, thyme and rosemary and reduce heat to medium.
5. In the second pot, add 3.5 cups vegetable broth to simmering vegetables and put the lid.
6. Once the chicken has simmered 15 minutes, remove the chicken from the pot of broth and using two forks, roughly shred the chicken, set aside.
7. Add the chicken broth and herbs from the smaller chicken pot to the larger pot of vegetables.
8. Remove the sprigs of thyme and rosemary and separate the leaves from the stems, returning the leaves to the vegetable pot.
9. Add the shredded chicken to the vegetable pot. Then add the remaining 2 cups of vegetable broth.
10. Bring to a boil, once the soup hits boiling, simmer on medium low for 45 minutes. And with that, it's ready to enjoy!



Cooks note #1: Chicken with these designations can be found at most health food stores, such as Natural Grocers, Sprouts or Whole Foods. Here's a photo so you can see what those designations look like on the chicken package.