

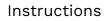
hicken



Die Soup

Ingredients

- 1 pound/450 grams raw chicken breasts about 2 larger breasts ~ 15 protein servings
- Small potato pieces: 2 cups yukon gold potatoes peeled and cut into 1 inch pieces ~ 4 carb servings
- Large potato pieces: 1 cup yukon gold potatoes peeled and cut into guarters so that you can remove them at the end ~ 2 carb servings
- 1 cup celery 1 inch pieces ~ 1 veggie serving
- 1 cup carrot 1 inch pieces ~ 1 carb serving
- 1 cup onion finely chopped ~ 1 veggie serving
- 1 cup peas ~ 1 veggie serving
- 1/2 tablespoon garlic finely minced
- 2 tablespoons olive oil ~ 2 fat servings
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 1/4 teaspoon dried parsley
- 3 cups chicken broth or bone broth
- 1/4 teaspoon dried basil
- 3 tablespoons parsley for garnish
- 1/2 cup milk of choice almond milk, whole milk, any milk will work (breakdown will depend on milk selected, but for almond milk the amount is negligible)



prep time

10 minutes

Heat olive oil in a large pot on the stove. Add in the celery, carrot, 1 onion, peas, garlic, salt and pepper, parsley and basil. Sauté for 2 minutes or until slightly translucent.

total time

30 minutes

- $2\,$ Add raw chicken, ALL potatoes and chicken broth in the pot. Bring to a boil. Once boiling, lower heat to a simmer and cook on medium heat for 30 minutes
- Once cooked, remove the LARGE potato pieces (leave the small pieces) and chicken breasts.
- Place LARGE potato pieces, milk and 1/2 cup of broth *from the pot* 4 (a few ladles full!) into a blender until smooth. Add back into the pot.



- Place chicken on a cutting board and shred. Put the chicken back into the pot.
- Stir everything together until combined and smooth. Garnish with parsley and serve.

Whole Recipe Breakdown: 15 Servings Protein 7 Servings Carb 2 Servings Fat 3 Servings Veggies

