

Chicken Vegetable Soup

A friend calls this the “everything but the kitchen sink” soup, because you can toss almost any left-over in it and it will still be a hit. Here I show you the most typical version from fresh veggies but the sky’s the limit. You can add leftover steamed veggies, grains, lentils, meats, even mashed potatoes. Get creative (or frugal, whatever fits). I’ve found however that broccoli is not a happy addition as it can turn the whole brew a little skunky.

I’ve listed both the omnivore and vegetarian options, as well as optional flavor enhancers if you can once again tolerate fermented foods. The addition of the kelp boosts the umami flavor, so the others aren’t necessary. I simply wanted to share a few of my secrets, and why I believe this soup is requested at almost every family gathering.

This recipe is purposefully large as a time-saver. Cut once to yield 2 pots of soup. And the left-overs freeze very nicely to store for when you need a healthy meal but have zero energy.

SUPPLIES

Large soup pot	Large spoon
Cutting boards	Spatula
Chopping knife	1 gallon size plastic freezer bag
Measuring cups and spoons	

INGREDIENTS

2-3 pounds roasted chicken	1 lg. bunch parsley or 3 Tbsp dried
1/2 cup reserved juice from roasted chicken	2-3 Tbsp olive oil
8 cups chicken broth (veggie if vegetarian)	5 lg. sheets wakame (dried kelp)
1 onion	4-5 bay leaves
5-6 cloves garlic	1 can diced tomatoes
1 bunch celery with reserved tips	1 can cannellini beans
5-6 carrots	2 Tbsp apple cider vinegar (optional)
1 turnip	1 Tbsp tamari (optional)
1 celeriac	1 tsp salt
1 med head purple cabbage	1/4 tsp pepper
2 zucchini	

DIRECTIONS

1. Chop onion into small pieces and coarsely dice garlic.
2. Chop celery and carrots into medium pieces.
3. Peel turnip and celeriac, cut out core and chop into medium size pieces.
4. Chop cabbage and zucchini into large pieces (these are softer and cook faster).

Time saver tip: store half the cut veggies in the freezer for later use.

Leafy parts don't freeze well; but these veggies do very well for up to six weeks.

No blanching is required if you're going to use them for soup.

5. Chop parsley and celery tops loosely.
6. Finely chop roasted chicken.
7. Heat soup kettle to medium-high heat, add 2-3T olive oil, salt and pepper.
8. Add onion and garlic and sauté for 2-3 minutes.
9. Add carrots and celery and sauté for 2-3 minutes.
10. Add turnip and celeriac, sauté the mix for 3-5 minutes.
11. Add 5 large sheets of Wakame dried kelp.
12. Add 8 cups of broth (chicken or vegetable).
13. Bring to a boil, add zucchini and cabbage.
14. Add 4-5 bay leaves.
15. Add reserved roasted chicken drippings (optional).
16. Add 1 can diced tomatoes and boil for 15 minutes.
17. Add chopped chicken (1 can beans for vegetarian option).
18. Reduce heat and simmer for 10 minutes.
19. Add parsley and celery tops.
20. Add 2T apple cider vinegar and/or 1T tamari (optional).
21. Add salt to taste, if needed.
22. Simmer until vegetables are soft but still retain their color.
23. Remove kelp (optional)
24. Serve. Leftovers may kept refrigerated for up to 5 days.

Up to 6 weeks later, pull frozen veggies out of freezer.

1. Sauté onion and garlic for 2-3 minutes.
2. Add frozen veggies.
3. Add broth, and boil for 25-30 minutes until vegetables are soft but retain their color.
4. Add 2-3T dried parsley, leftover chicken and/or beans. Heat through.
5. Serve. Leftovers may kept refrigerated for up to 5 days.