

Healthy Recipe of the Week



Use organic ingredients whenever possible.

Chicken Vegetable Soup

4 whole chicken breasts

4 bay leaves

4 chicken bouillon cubes (watch out for MSG and other unwanted chemicals in these. Health stores carry healthier ones. Check the natural food aisles at your local grocery store for a better version, you may have to use vegetable bouillon. I have had some trouble always finding "healthy" chicken bouillions).

1. Put all of the above in a large pot, cover with water and simmer until chicken is done, 10-12 minutes. Drain, reserve liquid, putting it back into the pot. Remove skin, and shred meat. Return to broth in pot (You can also wait for the chicken to cool while you add the following ingredients, and then add the chicken back to the pot).

Add:

- 1. V-8 (Substituting an organic tomato-veggie blend would be a healthier alternative). Add this to taste, but I usually use about 1 bottle.**
- 2. Frozen vegetables, such as corn, peas, and/or green beans.**
- 3. Sliced fresh carrots, potatoes, and/or cabbage.**
- 4. 2 -15 ounce cans diced tomatoes.**

Cover top of liquid with Nature's Seasoning Salt. Stir and enjoy.