



Chicken Soup

Instructions:

Add the ingredients to an 8 quart pot.

Add water until 3/4 of an inch from the top.

Heat on a high flame and let simmer for 2 1/2 hours.

Skim off the fat.

If you are allowed all the ingredients in this recipe, or you were advised you may have any group 2 recipe, this recipe is allowed on your diet.

Prep Time:

15 minutes

Cook Time:

2 1/2 hours

Ingredients:

1 whole chicken

1 onion - diced

6 cloves garlic

6 carrots - peeled and cut into chunks

1 turnip - peeled and cut into chunks

1 large zucchini - cut into chunks

4 stalks celery - cut into chunks

1 cube fresh ginger - diced

1 TBSP. rosemary

salt to taste