



## Chicken Soup

### Instructions:

Add all 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.

**Three 16 oz. bowls count as a one pot dinner**

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### Prep Time:

15 minutes

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### Cook Time:

2 1/1 hours

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### 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