

Chicken or Veg Soup - GF, SF, CF, VEG (opt)

Ingredients:

1 roast chicken, remove all the meat for veg version use 1-2 cans butter beans
2 boxes chicken or veg broth
1 cup wild rice
1 TBS basil
salt to taste
pepper to taste
3 bay leaves
1 fennel bulb sliced
1 bunch kale shredded
5 stalks celery sliced
4 carrots sliced
throw in any other veggies you want

Directions:

Pour broth, wild rice, chicken, salt, pepper, basil and Bay leaves in to a large pot. Bring to a boil. Lower heat and cover for 40 minutes.

Add fennel and kale. Simmer for 10 minutes.

Add celery and carrots. Simmer for 10 minutes.

Submitted by: Ashley 06/09