

## Chicken Soup

*Chicken Soup is the famous elixir of all ills – rich in nutrients including immune boosting lysine. It can be easily made – I like to make it after I have roasted a chicken – using the bones to make a stock and the left over chicken flesh from the roast helps make it a protein rich meal.*



*Chicken soup in progress, photo by Karen Latter, Naturopath, Nutritionist & Herbalist*

### Ingredients

- 1 organic / free-range chicken (already roasted and a meal enjoyed)
- 1 table apple cider vinegar
- 1 leek
- 1 onion
- 2-3 carrots
- 1 tsp of sea salt (e.g. Celtic sea salt)
- Parsley – bunch
- Pinch of dulse flakes

### Method

- After roasting a chicken and enjoying that meal – allow to cool – then strip the chicken of all meat and reserve in a container.
- Put stripped chicken carcass into a stock pot covering with water and adding a tablespoon of apple cider vinegar (it helps get the goodness out of the bones). Place on the stove on a medium – high heat to bring to boil, once boiling reduce to a simmer, cover and leave to simmer for 1.5 to 2.5 hours.
- Once time has passed strain the water – throwing the bones and keeping the water (now chicken stock).
- In the now empty stock pot, put a little olive oil and then add the leek, onion allowing to soften, ensure it does not brown/burn and stays moist by adding a ladle or two of chicken stock.
- Meantime chop and add the carrots (could also add a chopped potatoe too which thickens the soup).
- Add the rest of the chicken stock and cover leaving to simmer for 30 minutes.
- Add the chicken flesh then leave to simmer for 30-45 minutes.
- Add the parsley at the end to boost the mineral density.
- Add a cup more of water if a less thick soup is desired.

### Variations



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- You could add beans such as a soup mix or chickpeas etc. to boost the protein. If using from dry, soak overnight, rinse well and then add the beans to the soup to cook for 45-60 minutes.
- You could also add pearl barley, also soak overnight and rinse before adding.
- For a complete meal, ½ cup of cooked quinoa goes well at the end.
- You can also add ginger, chilli dependent on taste.

Recipe by Karen Latter, Naturopath, Nutritionist & Herbalist

*Karen has been working as a Naturopath in clinical practice for over 10 years. She is a keen cook and lover of food. She also works as a Senior Lecturer in Nutritional Medicine at Endeavour College of Natural Therapies lecturing in Weight Management.*

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