

Anti-Inflammatory Chicken & Veggie Soup

Ingredients:

- 2 tbsp olive oil
- 1 brown onion, diced
- 2 garlic cloves, minced
- 1 tbsp fresh grated ginger
- 1 tsp ground turmeric
- 2 medium carrots, sliced
- 2 celery stalks, diced
- 1 small sweet potato, peeled and diced
- 200g cooked chicken breast (shredded)
- 1.5 litres chicken bone broth or good-quality stock
- Juice of 1/2 lemon
- Handful of fresh parsley or coriander, chopped



Instructions

- 1. Sauté aromatics:** In a large pot, heat olive oil over medium heat. Add onion, garlic, ginger, turmeric, and black pepper. Cook for 3–4 minutes until fragrant and soft.
- 2. Add veggies:** Stir in carrots, celery, sweet potato. Cook for another 5 minutes.
- 3. Add broth & simmer:** Pour in the chicken bone broth and bring to a boil. Reduce heat, cover, simmer for 20 minutes. **Add quick-cook veg & chicken:** Stir in zucchini, cauliflower (or broccoli), and the cooked shredded herbs.
- 4. Serve hot.**