



Everything But The Kitchen Sink Soup

INGREDIENTS:

½ large onion, chopped
4 stalks celery, chopped
2 carrots, chopped
2 cups Shiitake mushrooms, sliced
1 tsp. garlic, minced
2 TBS. Sherry Vinegar
6 – 8 cups of stock, can be chicken or vegetable
1 chicken breast, boneless and skinless
1 large tomato, diced
2 – 3 Kale leaves, rolled cigar fashion, sliced, then cross-cut, rinsed and drained
1 ½ - 2 cups cook quinoa
1 can Adzuki beans
2 bay leaves
Sea Salt and Pepper to taste

DIRECTIONS:

In a large soup pot, add in onions, celery, and carrots. Saute with a little coconut oil or olive oil until onions are translucent.

Add in mushrooms – cook until softened.

Add in garlic – cook briefly – less than a minute.

Add in vinegar.

Add in stock. Bring to a boil, reduce heat to a simmer.

Add in sea salt, pepper, bay leaves, and chicken breast. Continue to cook until chicken is cooked through. Roughly 15 minutes.

Remove chicken from broth, add in tomatoes, beans, quinoa, and Kale.

*I had leftover quinoa to use. If you do not, cook according to package directions and set aside until ready to add.

Cut chicken into small dice cubes – add back into stock.

** We like our soups with a kick, so you could add in some chili paste, crushed red chilies, or even Harissa.

Serve.