

WHOLE CHICKEN SOUP

Time: 60 minutes

Serves: 6

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 2 shallots – halved and sliced
- 1 large carrot – peeled and chopped
- 1 large stalk celery - chopped
- 1 teaspoon kosher salt
- 1 chicken – skinned and cut into eight pieces
- 2 turnips – peeled and cubed
- 6 cups water
- 2 cups chicken or vegetable stock
- 2 teaspoons wine vinegar
- 3 sprigs thyme
- 2 bay leaves
- 1 cup parsley – roughly chopped
- ½ teaspoon fresh ground black pepper

Preparation:

Place a large pot over medium high heat and add the oil. Once the oil is hot, add the shallots, carrot, celery and one teaspoon of the salt, stirring occasionally for five minutes.

Add the chicken, turnip, water, stock, vinegar, thyme and bay leaves. Turn the heat to high and bring to a boil. Reduce the heat and simmer partially covered for fifteen minutes.

Remove from heat then stir in the parsley and pepper. Taste the broth to determine if the remaining salt is required. If you are using commercially prepared stock, probably not. Serve immediately.

Nutritional Information Per Serving:

- Calories: 170
- Fat: 6g
- Carbs: 5g
- Fibre: 2g
- Protein: 23g