

CHICKEN SOUP FOR THE SELF-QUARANTINED SOUL



- 3 tablespoons extra virgin olive oil
- 1 small onion, diced
- 2 carrots, peeled and chopped
- 2 celery ribs, sliced
- 1 3-inch piece of fresh ginger, peeled and sliced into slivers
- 2 garlic cloves, minced
- 1-1/2 teaspoon curry
- 4 cups chicken stock
- 2 cups water
- 1 pound cooked chicken, shredded
- scallions for garnish
- fresh cilantro for garnish

HOW TO MAKE CHICKEN SOUP

This **easy chicken soup recipe** comes together in about 30 minutes start-to-finish.

1. Heat the olive oil in a large pot.
2. Add the onion, carrots, celery and ginger and cook for 6-7 minutes or until the onion is soft and translucent, stirring occasionally.
3. Toss in the garlic, and cook for an additional 1-2 minutes, until the garlic is fragrant, stirring occasionally.
4. Add the curry powder, chicken stock, and chicken and stir to combine.
5. Continue to cook until the soup reaches a simmer. Then reduce heat to medium-low, cover with a lid, and let the simmer for about 20 minutes.
6. Garnish with scallions and cilantro.

IMMUNITY BOOSTING INGREDIENTS:

- Poultry
- Garlic
- Ginger
- Curry