

The Best Noodle-less Chicken Soup

Serves: 4

Prep time: 5 minutes

Cook time: 45 minutes

INGREDIENTS:

- 2 organic boneless skinless chicken breasts
- 20 oz organic bone broth
- 2 cups filtered water
- 1 cup celery, chopped
- 1 cup carrots, chopped
- 1/2 yellow onion, chopped
- 1 tbsp ghee or grass-fed butter
- 3 cloves garlic
- Juice of 1/2 lemon
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 tsp salt
- 1 tsp pepper
- *Optional 1 cup brown rice



Serving size: 1.5 cups soup

INSTRUCTIONS:

1. Heat a skillet on the stove top over medium. Add in about 1 cup of bone broth and the chicken breasts. The meat should be mostly covered with the broth but not submerged. Bring the skillet to a slight boil, then over and simmer for about 20 minutes.
2. While waiting, measure out 1 cup dry rice and cook according to package instructions. This is an optional step! Drain and set aside when it's done cooking.
3. Chop all veggies.
4. Add the ghee to a big pot and let it melt. Then add the carrots, onion, garlic and celery and toss. Cook for 2-3 minutes.
5. Add spices and stir to coat the veggies. Cook for another 2 minutes.
6. Now pour in the bone broth and water to the pot.
7. Once chicken is done, remove it from the skillet and shred between 2 forks. Add the shredded chicken to the big soup pot. Pour in any remaining bone broth from the simmering chicken.
8. Lastly, squeeze in the fresh lemon and stir. Let the soup simmer for 10-15 more minutes.