



## *Adventures in Cooking* *Debbie Larch*

<https://niftysquirrel.com/adventures-in-cooking/recipes/>

### **Homemade Chicken Soup**

#### **Ingredients:**

4 cups chicken broth

1/4 teaspoons pepper

1 teaspoon garlic powder

1 medium carrot, sliced thin

1 small onion, diced

4 medium white potatoes (cut into bite size pieces)

1 cup chicken (cooked and shredded)

1 -16 oz. pkg. of frozen mixed veggies (thawed)

1/2 cup frozen corn (thawed) optional, but I like a lot of veggies in my chicken soup

1/2 cup frozen peas (thawed) also optional

#### **Instructions:**

- Place the chicken broth, garlic powder, pepper, carrots and potatoes in a large saucepan.
- Heat over medium-high heat until it begins to boils.
- Reduce the heat to a simmer. Cook for around 20 minutes or until the veggie are at desired tenderness.
- Add in the thawed mixed veggies, corn, peas and the chicken.
- Cook for about 10 minutes more or until desired tenderness of all veggies.

\*This is our favorite Chicken soup, I know most people like noodles in their soup but we prefer potatoes. Whenever one of us feels a cold possibly coming on, I make a pot of this Chicken soup and we are able to keep the cold from taking control of our bodies. People have tried to discount our use of chicken soup for its health benefits yet there are other benefits to eating chicken soup as well: Common cold, chicken soup helps stop the migration of white blood cells (neutrophils) to areas affected by the infection. Helps with nasal congestion due to it being half liquid which can help in hydrating mucous membranes. An aid in your weight loss program because it's low in calories. Provides protein to build muscle along with fat for your brain (and beautiful skin). Vegetables supplies carbs for energy and fiber to ease digestion. Soup is half water so it is a benefit in curbing hunger pangs. Can help with gout, in moderation. Great for anemia. Combats dehydration and constipation.