



## Chicken and Vegetable Soup



*Soups*

### INGREDIENTS

- 1 **1/2** cups cooked chicken
- 1 bell pepper, diced
- 1 onions , diced
- 1 medium onion, chopped
- 2 small zucchinis, sliced
- 3 medium carrots, sliced
- 2 celery ribs, sliced
- 1 cup diced tomatoes
- 1 c. green beans
- 4 fresh thyme sprigs
- 2 bay leaves
- 1 handful fresh parsley, finely chopped
- 6 to 8 cups chicken stock
- 2 T. chicken base
- 3 garlic cloves, minced
- 2 tbsp. olive oil
- salt and pepper to taste

### DIRECTIONS

In a large stockpot add the olive oil over a medium heat, and gently cook the onion, garlic, cook for about 5 minutes, or until the onion is nice and tender.

Add the rest of the vegetables, bay leaves, thyme sprigs, and parsley, and cover it all with the 6 to 8 cups of chicken broth.

Bring the soup to a boil, then reduce the heat and simmer for 20 minutes.

Season to taste with sea salt and freshly ground black pepper.