



Turmeric Chicken Soup

INGREDIENTS

2 tbsp olive oil	1 medium onion, diced	2 cloves garlic, minced
1 large carrot, sliced	2 celery stalks, sliced	2 tsp ground turmeric
1 tsp ground ginger	1 tsp ground cumin	¼ tsp ground black pepper
8 cups chicken broth	2 cups cooked chicken, shredded	1 cup chopped kale or spinach
Zest of 1 lemon	1 lemon, juiced	Salt to taste

DIRECTIONS

Heat olive oil in a large pot over medium heat. Add the diced onion and minced garlic, sautéing until the onion becomes translucent. Add the sliced carrot and celery, cooking for another 5 minutes until they begin to soften. Stir in the ground turmeric, ginger, cumin, and black pepper. Cook for about 1 minute until the spices become fragrant. Pour in the chicken broth and bring the mixture to a boil. Reduce the heat and let it simmer for about 10 minutes. Add the shredded cooked chicken and chopped kale or spinach to the pot. Simmer for another 5-10 minutes until the greens are wilted and the soup is heated through. Stir in the lemon juice and add salt to taste.

Serves 8; 225 calories each.