

Chicken Vegetable Soup

A delicious and hearty warm vegetable soup that is packed with nutrients.



prep 15 mins

cook 30 mins

total 45 mins

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yield 6 +

Ingredients

- 1 whole chicken (or a few chicken legs or chicken breasts)
- 3-4 ribs of celery
- 3-4 large carrots
- 2 medium onions
- 5-6 garlic cloves
- 1 package frozen spinach (or 1 bag fresh)
- 1 head broccoli (or 1 bag frozen)
- 1 package sliced fresh mushrooms (optional)
- any other vegetables you have around and want to add
- 5-6 eggs, beaten in a bowl
- turmeric
- curry
- oregano
- basil
- cayenne pepper
- parsley
- sea salt
- pepper
- garlic powder (optional)
- Other herbs to taste (rosemary, thyme, etc.)

Instructions

1. Boil chicken in large pot until cooked. (Note: If using chicken breast instead of whole chicken, chicken broth can be used in place of water). Remove cooked chicken from water and chop into small pieces.
2. Add chopped celery, carrots, onions, and garlic cloves to boiling water. Add turmeric, curry, oregano, basil, cayenne, parsley, sea salt, pepper and garlic or herbs. I add 1-2 TBSP of each except cayenne, which I add about 1/2 tsp or to taste.
3. Boil until vegetables are cooked. Add spinach, mushrooms, and broccoli. While stirring, add beaten eggs slowly so that they distribute (it will look similar to egg drop soup). Boil 2 minutes until eggs are cooked, remove from heat and serve.