

RECIPE



Nourishing Chicken and Vegetable Soup

This hearty chicken and vegetable soup is a perfect meal for boosting your immune system and providing essential nutrients. Packed with protein, vitamins, and minerals, it's as comforting as it is nutritious.

Ingredients

(3-4 servings)

- 2 Tbsp. olive oil
- ½ Tbsp. minced garlic
- ⅓ cup chopped onion
- 1 cup celery, chiffonade
- 1 cup portobello mushrooms, diced into ½-inch cubes
- 6 cups vegetable or chicken broth
- 1 cup bok choy, chiffonade
- 2 cups cooked and shredded chicken breast
- ½ tsp. sea salt
- White pepper, to taste
- 2 Tbsp. green onions, chopped
- 2 Tbsp. fresh parsley, chopped

Instructions

Heat olive oil in a large pot over medium heat. Add minced garlic and onion, sautéing until fragrant and translucent (about 2–3 minutes).

Add celery and mushrooms to the pot, stirring occasionally. Cook for 5 minutes or until mushrooms begin to soften.

Yours to Artful Eating,

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Pour in the vegetable or chicken broth and bring to a gentle boil. Reduce the heat to a simmer.

Stir in bok choy, shredded chicken breast, salt, and white pepper. Simmer for another 5–7 minutes, allowing the flavors to meld and the bok choy to soften.

Remove the pot from heat and stir in the green onions and parsley. Adjust seasonings if needed.

Ladle the soup into bowls and enjoy warm.

Health Benefits of This Soup:

- **Protein-Rich:** Shredded chicken breast provides lean protein to support muscle repair and maintain energy levels.
- **Rich in Antioxidants:** Bok choy, parsley, and celery are packed with vitamins A and C, helping to strengthen your immune system.
- **Gut-Friendly:** Garlic and onion contribute prebiotics that promote a healthy digestive system.
- **Anti-Inflammatory Properties:** Olive oil and parsley contain anti-inflammatory compounds that may help reduce inflammation in the body.
- **Low in Calories:** This soup is light yet filling, making it an excellent choice for a nourishing, low-calorie meal.

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