
Chicken Soup with Garden Vegetables

Description

There's nothing like a warm bowl of soup during our "winter"! I wanted to share something I make quite often as I love soup and could eat it every day. Adding fresh garlic, ginger, and thyme adds flavor, and you can throw your choice of your favorite vegetables.

Feel free to add more vegetables to make a heartier soup, or more broth to make it more "soup-y"!

Total time: 1 hr 30 min Yield: 4 to 6 servings

Ingredients

3-4 chicken thighs (or a mix of drumsticks and thighs)
1 Tbsp oil
3 clove garlic (cut in half)
1 pieces ginger (thumbsize, split in half)
5-7 cup chicken broth
10-12 baby carrots (or 2 carrots, chopped into 1/4" rounds)
2 celery stalks (diced)
1 onion (diced)
2 cup long green beans (cut into 2" sticks)
15 1/4 oz corn (kernels from 1 cobb or canned, drained)
1/2 bunch mizuna (chopped)
4 thyme sprigs
salt & pepper (to taste)

Prep Time: 30 min Cooking Time: 1 hr Total Time: 1 hr 30 min

Instructions

Prepare your chicken by removing the skin but leave the bones in. In a large pot, sauté garlic and ginger in oil until fragrant and translucent. Add in chicken.

Fill cold water in pot until chicken is almost submerged. Top off with chicken broth. Bring to a boil and skim off any foam or froth that rises to the top. Reduce to a simmer and cook until chicken is tender and broth is flavorful, approximately 30 minutes.

Remove chicken and bones from pot and add in carrots, celery, onions, long beans, corn, mizuna and thyme sprigs. While the vegetables are simmering, remove meat from bones and shred into thin long strips. Then add chicken back into pot. Simmer for at least 10 to 15 minutes or until vegetables are tender. Then season with salt and pepper.

Serve with rice or your favorite starch.

Recipe brought to you by:

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