

Chicken soup (bulk)

INGREDIENTS

- 8 Chicken thighs
- 1 Sweet potato (diced)
- 2 Carrots (diced)
- 2 Onions (diced)
- 4 Baby marrows (diced)
- 1 Cup shredded cabbage
- 1 Cup shredded spinach
- 4 Cups Chicken broth (home-made)
- 10 Cups of Water
- 450 ml Coconut milk
- 2 Cloves of garlic (diced)
- 3 Tsp Mixed herbs
- Fresh ginger (optional)
- Salt and pepper (to taste)
- Coconut oil



METHOD

In a large pot, add coconut oil with all the diced vegetables, herbs, spices and chicken. Allow to brown before adding the chicken broths and top up pot with water.

Simmer for 45 minutes. Remove chicken thighs and debone. Add the shredded chicken back into the pot.

Add coconut milk and add more water/broth if needed. Taste and season to desire.

Simmer for another 15 minutes.

To thicken - use a stick blender and blend soup to desired consistency (this is totally up to you).

Enjoy



FROM THE  OF:

