



***Wishing You A Wonderful Healthy
Christmas Season***

2017

**A Healthy Chicken Soup For The
Winter Conscious –
Daphne Oz's Roasted Garlic and
Chicken Soup**

**Chicken Soup Recipe from The Chew
things you'll need.**

ingredients

- 1 1/2 cups Farro (rinsed)
- 2 heads Garlic
- Olive Oil
- Salt
- 6 cups Chicken Broth
- 1 Yellow Onion (diced)
- 2 medium Carrots (peeled and sliced into coins)
- 1 Jalapeno (thinly sliced)
- 1-inch piece fresh Ginger (peeled and minced)
- 2 cups leftover shredded Chicken
- 1 Lemon (juiced)

ingredients 1 1/2 cups Farro (rinsed)

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instructions Cook farro according to package instructions and set aside. This can be done a few days in advance and stored in an air-tight container in the fridge.

- **ingredients** 2 heads Garlic
Olive Oil
Salt

instructions Preheat oven to 400 degrees F. Cut garlic bulbs crosswise to removed the tops and expose cloves. Place the cut bulbs on a large piece of aluminum foil and drizzle with olive oil and salt. Gather the edges of the aluminum and press together to completely encapsulate the garlic. Bake for 30 minutes.

- **ingredients** 6 cups Chicken Broth

instructions Remove garlic from oven and carefully open up package. Garlic cloves should be soft and golden. Squeeze out the softened cloves from the bulb, discarding skins. Blend garlic into the broth using an immersion blender or traditional blender. Set aside.

- **ingredients** 1 Yellow Onion (diced)
2 medium Carrots (peeled and sliced into coins)
1 Jalapeno (thinly sliced)
1-inch piece fresh Ginger (peeled and minced)

instructions Heat a large Dutch oven over medium with a few tablespoons of olive oil. Sauté the onion and carrots, seasoning with salt, until soft and translucent. Add sliced jalapenos and cook for 2 minutes or until soft. Stir in ginger and cook just until fragrant.

- **ingredients** 2 cups leftover shredded Chicken
1 Lemon (juiced)

instructions Stir in the garlicky chicken broth and parsley. Add cooked farro, shredded chicken, and lemon juice. Adjust seasoning to taste. Serve warm.

Helpful Tip:

1. Add jalapeno seeds individually depending on spice preference.

<http://abc.go.com/shows/the-chew/recipes/Roasted-Garlic-Chicken-Soup-Daphne-Oz> is a good recipe to keep you going this winter.

Rated Easy and Quick

I tested it and it is good.... (Didn't have the Farro)

Have a wonderful Christmas.

I hope you enjoy your Xmas gifts. Thank you for downloading.



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