

# VITALITY

## *Savory Soups & Stews*



### *Vitality Chicken Soup*

#### Ingredients:

1 pound chicken breast  
4 medium carrots  
4 celery stalks  
1 large sweet onion chopped  
½ tps salt  
½ tps cracked black peppercorns  
1 chicken broth cubes

#### Directions

1. Place the chicken in a large pot. Cut 2 the carrots and the 2 celery stalks into 1-inch pieces. Chopped the onion. Add the cut vegetables to the pot with the salt, peppercorns, and enough cold water to cover (about 5 cups) add the chicken broth cubes. Bring to a boil. Reduce heat and simmer, about 20 minutes.
2. Transfer the chicken to a bowl and let cool. Strain the broth, discarding the vegetables. Return the broth to the pot. Thinly slice the remaining carrots and celery. Add them to the broth and

simmer until tender, about 5 minutes. When the chicken is cool enough to handle, shred the meat and add it to the soup. Ladle into individual bowls.