CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Chicken Soup

Recovery, Immune & Mineral Support

www.consciousrewire.com

Chicken Soup

Recovery, Immune & Mineral Support

What This Supports

Supports recovery, immune function, hydration, and protein intake.

Why It Works

Chicken provides protein and minerals while warm broth supports hydration and comfort.

Ingredients

Chicken Soup

Ingredients:

1 chicken, shredded

4-8 tbsp grassfed ghee

1 shallot

1 inch chunk ginger

2 tbsp each cumin, chilli powder, smoked paprika

1 bunch green onion

2 red Thai chilies

1 bunch broccolini

1-2 cups button mushrooms

1 bunch green chard

4 cups bone broth

Roast chicken, shred and heat lightly with 2-4 tbsp ghee, shallot, ginger, and spices. Remove and set aside.

Add 2-4 more tbsp ghee to soup pot on low/medium-low heat. Chop white parts of onion and add to pot. Chop red Thai chilies and add to pot. Then broccolini and add to pot. Each time stirring to combine.

Add chicken and stir.

Chop mushrooms and green chard and add to pot. Add in warm broth and heat until chard and broccolini turn deep green.

Serve with olive oil, cilantro, basil, green onion, fermented salsa, carrot ginger kraut, salt, and smoked paprika.

Directions

Roast chicken, shred and heat lightly with 2-4 tbsp ghee, shallot, ginger, and spices. Remove and set aside.

Add 2-4 more tbsp ghee to soup pot on low/medium-low heat. Chop white parts of onion and add to pot. Chop red Thai chilies and add to pot. Then broccolini and add to pot. Each time stirring to combine.

Add chicken and stir.

Chop mushrooms and green chard and add to pot. Add in warm broth and heat until chard and broccolini turn deep green.

Serve with olive oil, cilantro, basil, green onion, fermented salsa, carrot ginger kraut, salt, and smoked paprika.

Best Use

Suitable post-training, during illness, or cold weather.

Food Safety & Notes

Ensure poultry is fully cooked and cooled quickly.

Storage & Reheating

Refrigerate three to four days or freeze.