

PAM'S HEALTHY SOUP



Recipe compliments of:



INGREDIENTS

Mix as many items as you like from the list below:

- tomatoes - chopped
- fresh green beans - cut up
- rutabagas -chopped
- asparagus - chopped
- yellow onions - chopped
- celery - chopped
- fresh mushrooms
- zucchini - chopped
- squash - chopped
- Napa cabbage or cabbage - shredded
- Brussels sprouts - cut up
- bok choy - chopped
- cauliflower - I buy the ones in produce dept that comes crumbled in a bag - so much easier
- broccoli - chopped
- You can add uncooked fresh sweet corn too. Just cut off cob.
- orange peppers
- yellow peppers
- green peppers

DIRECTIONS

1. After all items chosen from above are in my Nesco, fill the Nesco up to the middle with low sodium chicken broth (approx. 48 oz.)
2. Add spices to taste (I use basil and whatever else I can find.
3. Turn on high and simmer 6-8 hours.
4. While simmering, boil about 4 chicken breasts in hot water until fully cooked.
5. Cut up chicken and add to simmering veggies in Nesco.

This makes a big batch... then I cool it down and put it in the fridge. We eat this all week. Just heat and eat small portions. Do not keep in fridge more than a week.

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