

Super Quick Chicken Soup

12 Ingredients 6 Servings 30 Minutes Total Time

3 units	celery (stalks)
1/3 cup	parsley (or dried, chopped)
2 cups	water
680 grams	chicken (roasted (cooked), 1.5 pound)
1 tablespoon	butter (organic, or coconut oil)
1 teaspoon	sea salt (to taste)
1 unit	onion (more than 1/2 cup raw is high oxalate, 1/2 cup = moderate) (medium diced)
1 cup	carrots (sliced and halved)
2 cups	cabbage
2 teaspoons	thyme (fresh or dried)
6 cups	chicken stock (Low Salicylate)
2 cups	green beans



♥ Nutritional Information	
<i>(per serving)</i>	
Calories	268
Total Fat	7g
Saturated Fat	3g
Cholesterol	86mg
Sodium	875mg
Total Carbohydrate	17g
Dietary Fibre	3g
Sugars	8g
Protein	31g
Calcium	76mg

Instructions

1. Place large heavy soup pot on medium heat. Add butter and onion, celery, carrots and cabbage. Stir, cooking until vegetables start to give off steam. Add green beans and pour over 1/2 cup of the chicken stock/broth. Cover and steam 4-5 minutes.
2. Remove cover, add remaining chicken stock, thyme leaves, salt and water. Cover and bring back up to boil. Continue cooking for 4-5 minutes.
3. While stock is simmering, cut up roast chicken into 1/2" pieces. Add chicken and parsley to soup. Heat 3-4 minutes more until heated through. Serve immediately.

Notes

NOTE: Stock/Broth can be high in Amines if not prepared correctly. Stock cubes or store bought stock are not appropriate for a low amine/ low histamine diet. It is best to make your own stock or substitute water in its place. When making your own low histamine/ low amine stock, it is recommended to add a fresh protein of your choice and/or fresh vegetables to a large pot. Cover with water. Simmer for no more than 2 hours and use immediately or freeze.