

<p style="text-align: center;">Chicken Soup</p> <p>1 whole cooked Chicken, meat shredded off the bone 1 onion, diced 3 carrots chopped 4 celery stalks chopped 1 chopped zucchini 4 cloves of minced garlic 1 tablespoon minced ginger 1 cup fresh green leaves (spinach or kale) 2 liters homemade chicken bone broth coconut oil, olive oil, or ghee</p> <ol style="list-style-type: none"> 1. Melt your oil on medium heat in a large pot and add onion, celery, garlic, and carrots. Gently saute for 3-5 minutes 2. Add the bone broth, shredded chicken, ginger, zucchini, and kale and gently simmer for about 10 minutes to soften the vegetables and heat everything through. 3. Turn off stove and add your spinach and parsley so they wilt through and disperse their flavor. Season to taste. 	<p style="text-align: center;">Bone Broth</p> <p>Leftover bones & skin from a cooked or raw chicken carcass Celery, especially the tops Onions, Carrots, Parsley About 1 teaspoon salt & 1/4 teaspoon pepper</p> <ol style="list-style-type: none"> 1. Put the leftover bones and skin from a chicken carcass into a large stock pot. Add the vegetables. Cover with water 2. Bring to a boil and immediately reduce heat to reduce stock to barely a simmer. Simmer partially covered about 4 hours, occasionally skimming off any foam that comes to the surface. 3. Remove the bones and vegetables with a slotted spoon and strain the stock through a fine mesh sieve. 4. If making stock for future use in your soup, you may want to reduce the stock by simmering an extra hour or two longer to make it more concentrated and easier to store.
<p style="text-align: center;">Congee</p> <p>1 cup steel cut oats 3 cups liquid (try 2 cups water and one cup bone broth) 1 teaspoon grated ginger 1 teaspoon sesame oil 1 teaspoon low sodium gluten free tamari Sea salt or pink salt Freshly ground black pepper</p> <p>In a medium, heavy pot, combine oats, water, and broth. Bring pot to a boil and reduce heat to simmer for 30 minutes up to 1 hour, stirring occasionally. Add additional water or broth as needed as the porridge simmers (you will need more liquid the longer it simmers - typically adding another cup after 30 minutes). Before serving stir in the ginger, sesame oil, and tamari. Season with salt and pepper to taste.</p>	<p style="text-align: center;">Lemon-Ginger Electrolyte Drink</p> <p>1 (4") piece ginger, peeled 1/4 cup fresh lemon juice 2 tablespoons fresh lime juice 2 teaspoons agave nectar or honey 1/8 teaspoon fine sea salt 2-3/4 cups mineral or coconut water</p> <p>Finely grate ginger - using a flexible spatula, press solids into a fine-mesh sieve set over a small bowl; discard pulp. This should net about 1 tsp. ginger juice.</p> <p>Combine ginger, lemon, and lime juice, agave, and salt in a large measuring cup or bowl. Stir in mineral water and serve at room temperature.</p>