

## **Nathan's Creations Homemade Organic Chicken Soup**

Start by using all organic ingredients. Cut a whole chicken into parts and stew in a slow rolling boil with enough water to cover 2" above the meat. Add 1 Tablespoon of French Blue/Gray rock salt, 1 Tablespoon Italian herbs, and 1 bay leaf. Cover and simmer for one hour.

Once stewed, remove chicken parts and place in a bowl to cool. Strain broth into a separate bowl to remove solids and gain clear broth. Place broth back into clean 8 quart pot with lid then add to the broth:

- 1 whole yellow onion cut into 12 equal wedges
- 4 Peeled Carrots cut 1" thick rounds
- Peel an Acorn Squash, cut in half, scoop out and discard seeds and membrane, cut into 2" chunks
- Two bunches of Dinosaur Blue Kale. Remove stems and spines. Discard stems and only use the soft leafy parts chopping into 1" shredded slices

Simmer another 10 minutes. Remove the cool chicken meat from the bones and shred meat to be placed into broth at last step. Now add pasta and seasoning to the broth:

- ½ package of Estrellas (Star Pasta) or Orzo
- 1 teaspoon yellow curry
- 1/2 teaspoon powdered ginger
- 1 teaspoon Turmeric
- 1 teaspoon Paprika

Cook for additional 15 minutes on a slow simmer and until pasta is al dente then add shredded chicken meat to above mixture and simmer an additional 10 minutes and serve. Yummy! By the way, I made this up and I shake herbs into the pot but if I were to guess the measurements above should be about right. Adjust to your own taste. Enjoy!