

Natalie's Herbed Chicken & Vegetable Soup

Natalie Pickering is a dedicated naturopath at the Perth Natural Medical Clinic, who encourages her patients to eat quality nutrients. I'm sure you'll enjoy this hearty meal in a bowl.

2 tsp olive oil
1 brown onion, quartered and sliced
1 leek (white part only), finely sliced
2 carrots, scrubbed and diced
8 portobello mushrooms, halved and sliced
1 fresh corn cob (kernels only)
1 small zucchini, diced
¼ small Jap pumpkin, diced
1¾ litres (3 pints) chicken stock
500g (1lb) organic chicken breast, finely diced
½ cup fresh parsley, finely chopped

Bouquet Garni

2 large sprigs fresh parsley
2 sprigs fresh rosemary
4 sprigs fresh thyme

Tie bouquet garni together with twine. Sauté onion and leek in olive oil in a large saucepan until soft. Add all vegetables and cook over medium heat for 5 minutes, stirring constantly. Add chicken stock and bouquet garni and simmer for 15 minutes. Add chicken and cook for a further 5–8 minutes, until vegetables are tender and chicken is cooked. Remove bouquet garni, sprinkle soup with parsley and serve with spelt damper or rye toast.

Serves 4 – 6



This recipe is from *Very Wellness* by ANTA life member Val Allen.

For more information visit
pnmc.com.au/verywellness.html