

## **Chicken Soup by Joanna Abel**

### **Ingredients**

2 quarts Organic Chicken Broth  
1 lb of Chicken - antibiotic/free range - cut up and fat removed  
1 medium head of Broccoli chopped  
8 - 10 Brussel Sprouts cut in quarters  
1 Zucchini – chopped  
Salt & Pepper  
Fresh Garlic  
1 tsp Cayenne Pepper  
1 tsp Cilantro  
Nonfat Greek Yogurt – add dollop before eating or mis in for a creamy soup  
Shredded Cheddar Cheese

Boil chicken in broth in large pot for 15 minutes. Remove chicken and set aside. Put vegetables in pot with broth. Add spices. Cook on medium while shredding chicken. Return shredded chicken to broth and vegetables when vegetables are al dente. Serve with a dollop of yogurt and shredded cheddar cheese. Makes enough for 4.