

# Chicken and Veggie Soup

## Ingredients:

Extra virgin olive oil, as needed

3-4 split chicken breasts (free-range organic, if possible), rinsed, patted dry

8 cloves fresh garlic, chopped

Sea salt and freshly ground pepper, to taste

2 heaping cups thinly shredded cabbage (bagged cole slaw mix is fast and easy)

1 green bell pepper, cored, seeded, cut up

1 yellow summer squash, cut up

2 zucchini squash, cut up

6 to 8 baby Yukon Gold potatoes, cut up

1 4-oz. can chopped green chiles- mild or hot, to taste

1 teaspoon rubbed sage

1 teaspoon each of: dried basil, oregano and parsley

Hot red pepper flakes, shake to taste

1 14-oz. can Muir Glen organic fire roasted diced tomatoes

2 or more cups organic chicken broth, as needed

A dash or two of balsamic vinegar to taste

## Instructions:

Drizzle some extra virgin olive oil into the bottom of a Crock Pot or slow cooker. Lay the chicken breasts in the bottom; top with half the chopped garlic. Season with sea salt and pepper.

In a large bowl, combine the shredded cabbage, bell pepper, yellow and zucchini squashes, potatoes, and green chiles; and toss them with a drizzle of extra virgin olive oil. Season with sea salt, ground pepper, herbs and a shake or two of hot red pepper flakes. Toss to coat.

Pour the veggies into the crock in an even layer. Pour on the diced tomatoes. Add the chicken broth and a dash of balsamic vinegar, to taste. The liquid should just about cover the veggies. If you like more of a brothy soup than a stew, add more broth.

Cover and cook on high for 5 to 6 hours, until the chicken is tender and easily breaks apart into pieces with a large spoon (my chicken was very cold when it went into the pot, so adjust your cook time accordingly, if you need to).

Taste test for seasoning adjustments. I added a pinch of brown sugar to mine to balance the tomato-garlic and spice. Stir in any seasoning adjustments and serve.

Makes four hearty servings. This recipe is gluten-free, soy-free, dairy-free, corn-free.