

The Northwest School for Botanical Studies®

Recipe by Christa Sinadinos

Immune Tonic Chicken Soup Recipe

Enriched with Nettles, Burdock, Chinese Tonic herbs, and Mediterranean herbs

Part one

- 1) Clean and chop the following vegetables: 1 onion, 3 sticks of celery, 2-3 ¾ inch diameter burdock roots, and 6-12 garlic cloves (up to one head)
- 2) Sauté the vegetables in a covered pan on medium heat, with about 3 tbs. of olive oil, until the onions are translucent (about 6-10 minutes). Stir frequently.

Part two

- 1) Combine the following ingredients:
 - A) Place the sautéed veggies in a large covered pot with 2 gallons of filtered water.
 - B) Place a cleaned 4-5 lb. chicken, with the neck and organ meats into the pot.
 - C) Add 4 astragalus sticks and 4 codenopsis sticks
 - D) Add 4-5 bay leaves (California bay leaves if possible)

Bring the water to a boil and once boiling, turn down to a low, rolling simmer. Cook the chicken for one hour and remove the chicken from the pot. Place the chicken on a plate and allow it to cool. Remove meat from the chicken, chop into bite size pieces, and set aside in a bowl. Discard the bones and fat.

Part three

After the chicken has been cooked and removed, add the following ingredients to the broth:

- 1) 2 cups long grain basmati rice or long grain Lundberg rice
- 2) ½ cup dried nettles or 1-2 cups fresh, chopped nettles
- 3) Mediterranean herbs: 2 tbs. oregano, 1 tbs. each of thyme, rosemary, and tarragon
- 4) 2 tbs. dulse and 2 tbs. wakame, nori, or fucus
- 5) Add 2-3 peeled and chopped yellow beets and 2 black radishes
- 6) 2 tbs. of sea salt

Simmer for 25 minutes, on a low rolling simmer, with the lid on the pot.

Part four

Next, add the following ingredients and cook for about 15 minutes or until the roots are cooked.

- 1) 4 chopped carrots, 2 turnips (peeled and chopped), 1 bunch of chard

Once the all ingredients are thoroughly cooked, add the chicken back in to the pot.

If necessary, add more salt. Otherwise, the soup is ready to be served. Once the soup poured into bowls, garnish with a teaspoon or so of chopped parsley and serve.

Cheers to your radiant health!