

Community Immunity Soup

By: Susan Castleberry

Ingredients:

- 2 Tablespoons olive oil
- 1 Onion (chopped)
- 3 Celery stalks (chopped)
- 2 Carrots (peeled and chopped)
- 1 Cup mushrooms (sliced)
- 10 Cloves garlic (minced)
- 8 Cups chicken stock*
- 2 Bay leaves
- ½ Teaspoon Turmeric
- ½ Teaspoon crushed red pepper
- 1 ½ Teaspoon sea salt
- 1 (15 oz) can low sodium chickpeas (rinsed)
- 3 Cups chicken (diced or shredded)
- 2 Cups baby kale leaves

Instructions:

2. In large pot, heat olive oil over medium-high heat. Sauté onion, celery, carrots. About 5 minutes.
 3. Add mushrooms and garlic, cook about 3 minutes.
 4. Stir in chicken stock, bay leaves, and chickpeas. Add turmeric, crushed red pepper, sea salt. Bring to boil.
 5. Shred chicken, mix into liquid, cover and simmer for 15-20 minutes.
 6. Add kale, cover, and simmer for 5 minutes.
 7. Discard bay leaves. Serve and enjoy!
1. *See HEAL website for homemade chicken stock recipe or can use store