# detox soup

## Family Chef: Mary-Ellen McMahon

#### Ingredients:

* + About 2 c cooked chicken, cubed or shredded
  + 2 tbsp olive oil
  + 1 large onion, peeled and chopped
  + 3 tbsp fresh ginger, grated, or minced
  + 4 garlic cloves minced
  + 2 c chopped celery
  + 2 quarts chicken broth (see Bone Broth page x)
  + 2 1/2 c sliced carrots
  + 1 tbsp apple cider vinegar
  + 1/4 - 1/2 tsp crushed red pepper
  + 1/4 tsp ground turmeric
  + 3 c broccoli florets
  + 1 1/2 c frozen peas
  + 1/4 c chopped parsley
  + salt and pepper

#### Instructions:

1. Set a large sauce pot over medium heat. Add the olive oil, chopped onions, celery, ginger, and garlic. Sauté for 5-6 minutes to soften.
2. Add broth, carrots, apple cider vinegar, crushed red pepper, turmeric and 1 teaspoon sea salt.
3. Bring to a boil, lower the heat, and simmer for 20 minutes.
4. Add the chicken, broccoli, peas, and parsley to the pot. Continue to simmer to soften the broccoli.