

## **ITALIAN CHICKEN SOUP**

**By Lynn Bryant**

STEW for about 3 hours:

- 4 to 5 lb chicken
- 8-10 cups water to cover
- Onion
- Carrots
- Celery
- 4-6 Garlic cloves
- 2 tsp salt
- ½ tsp pepper

Take chicken off and dice, freeze carcass for bone broth

ADD FRESH and simmer about 20-30 min:

- Onion
- Carrots
- Celery
- Garlic cloves
- Parsley
- Green peas
- 1 or 2 handfuls spinach

Add diced chicken back in  
Use carcass for bone broth.