

Chicken Broth Detox Soup

Time: Under 1 hour

Servings: Nine cups

Level: Easy

Ingredients:

- o 1 ½-2 lbs organic chicken bones (can use chicken thighs, back bones, neck bones, with or without meat)
- o ½ yellow onion, quartered
- o 1 carrot, sliced
- o 1 celery stalk, sliced
- o 2 bay leaves
- o ½ teaspoon whole black peppercorn
- o 1-inch knob ginger, sliced
- o 10 cups of Water
- o 1 cup shredded carrots
- o 1-1 ½ cups spinach leaves, cut in chiffonade
- o 1 cup broccoli florets
- o salt and pepper to taste

Directions:

- 1) Add **chicken, onion, carrot, celery, bay leaves, black peppercorn, ginger**, and **water** to a pressure cooker and bring to a boil.
- 2) Cover pressure cooker and lower heat to medium.
- 3) Once the pressure cooker hits full pressure (you will hear whistling) cook for 45 minutes.
- 4) Depressurize the pressure cooker.
- 5) If you used chicken with meat on the bones, remove chicken, cool and remove meat.
- 6) Strain the broth into a stockpot. Discard the cooked vegetables.
- 7) Add **shredded carrots, spinach leaves**, and **broccoli florets** and simmer for about 5 minutes.
- 8) Add **salt** and **pepper** to taste.