

## Mid-Winter Warm-Me-Up Chicken Soup

(I made this one up—it's a combination of the good ol' grandma's chicken soup remedy mixed with the ancient wisdom of Ayurveda. There are a few steps to this, but it's so worth it. For a vegetarian version, omit the chicken, use veggie broth, and double the amount of ginger and garlic.)

- 1 Tbsp organic, cold-pressed toasted sesame oil
- 1 Tbsp good quality extra virgin olive oil
- 1-inch piece fresh ginger root, peeled and minced
- 1 large organic onion (chopped)
- 2 stalks celery, chopped
- 4 cloves garlic, sliced thinly
- 1 large organic carrot, shredded
- 1 medium poblano pepper (they're not hot; slightly warming)
- 1 tsp turmeric
- 2-3 breasts of organic, free-range chicken (fresh or frozen, thawed, cut in ½-inch pieces)
- 2-3 cans low-sodium organic Chicken Broth
- 1/2 tsp basil
- 1 tsp parsley
- white pepper and organic sea salt (to taste)

In a saucepan, heat sesame and olive oils over med-low heat. Add ginger, onions, celery, and garlic and cook, stirring occasionally, until onions are transparent. Leave a little crunch in the celery—more fiber and better for you.

Meanwhile, turn on your broiler and place the pan several inches below the broiler. Wash the poblano pepper and place on the broiler pan. Broil 2 minutes, until the skin starts to brown on one side. (Reminder to stir your veggies so they don't brown, stick, or scorch!) Turn the pepper over to the other side and repeat. When the skin starts to bubble, remove the pepper from the heat and place immediately into a brown paper bag (yes, people still do use paper bags) and close the bag. This will help sweat the pepper.

Add the shredded carrots to the veggie mixture and toss them around to coat with oil. Add the turmeric. Stir.

Add the chicken pieces and coat with oil and veggies.

Add one can of the broth.

Remove the poblano pepper from the paper bag. It should be relatively easy to peel the burnt skin away from the pepper. Discard the skin. Slice open the pepper and remove the seeds and veins. Cut into smaller pieces. Place in small chopper or food processor and add 1 tsp of water. Process until smooth. Add to the saucepan.

Add the remainder of the chicken broth, basil, and parsley. Simmer for 15 to 20 minutes, until chicken is completely heated.