



Back-To-Health

Soup with Wild Rice & Chicken



*Eat well.
Live well.*

Soy-Free. DF. GF. Sugar-Free. Nut-Free.
***Vegan. *Vegetarian. *Paleo. Keto.**
***Good for ALL Blood-Types**

What you'll need:

- 2 qt. chicken broth*
- 2 cans chicken*
- 1 lg. sweet onion, chopped
- 3 lg stalks celery
- 5 lg. cloves of garlic, minced
- 1 can stewed tomatoes*
- 2 cups wild rice*
- 1/2 bunch parsley, finely chopped
- 1/2 bunch curly kale, finely chopped without stems
- 1 tbsp Herbs de Provence
- 1 tbsp olive oil
- 1/2 tsp sea salt

See foot notes for items marked with*

NOTE: For the most health-conscious version, use as many organic ingredients as possible. Most important in this recipe are: Chicken, chicken broth, tomatoes, parsley, & kale.

PREP: 45 minutes

COOK: 30 minutes

SERVES: 4

- 1) Rinse 1 cup of wild rice really well in a strainer. Place in medium pot with 3 cups of water on high. Once it starts boiling, turn off heat and let it simmer for approx. 30-45 minutes until fully cooked.
- 2) Pour broth into large pot and place on low-heat.
- 3) Prep onion, celery, and garlic, placing it in a large fry-pan with olive oil and sauté for 10 minutes on medium heat. Make sure to mix frequently so it doesn't burn.
- 4) Once sauté is finished, add to the broth.
- 5) Strain tomato juice into broth. Then place tomatoes on cutting board to chop them up into smaller pieces and place in broth.
- 6) Prep kale by stripping the greens from stems and chopping into fine pieces.
- 7) Add Herbs de Provence, salt, and kale into broth.
- 8) Drain wild rice and then add to broth.
- 9) Let simmer for about 15 mins and serve.



Vegan: You can easily make this recipe Vegan by replacing the chicken broth for vegetable broth, and not adding in the chicken meat.

Vegetarian: You can easily make this recipe vegetarian by replacing the chicken broth for vegetable broth, and not adding in the chicken meat.

Paleo: Replace wild rice with shelled hemp hearts.

Keto: Replace wild rice with shelled hemp hearts.

Blood Types:

- If you are a **B or AB** blood type, you should be avoiding chicken. So just avoid adding it in and using a vegetable broth instead of the chicken broth and this recipe will work for you.
- If you are a **B** blood type, you should avoid wild rice. You can either leave it out or replace it with shelled hemp hearts.
- If you are an **A or B** blood type, you should be avoiding tomatoes. Just leave them out.