

Recipe – Chicken Soup

Ingredients:

- 2 chicken breasts, cut into bit size pieces
- 1 small summer squash, chopped
- 2 celery stalks, diced
- 1 yellow onion, chopped
- 5 carrots, chopped
- 12 mushrooms, chopped
- 2 generous soup spoons of black beans
- ½ cup garbanzo beans
- 3 cups of chicken broth or water with soup base
- ½ cup cooked brown rice
- 1 sprig of fresh rosemary
- Hot sauce to taste
- Olive oil to coat a sauté pan

Directions:

Coat pan with olive oil

Sauté the diced chicken breast pieces and set aside

Sauté the vegetables until soft

Add the chicken, garbanzo beans and rice to the sautéed vegetables

Add the broth, rosemary and hot sauce, to taste

Cover and simmer for 15 minutes