

Bri's Chicken Noodle Soup (THM S or XO)

Yields 4-6 servings

Ingredients:

- 1 quart chicken bone broth
- 1 quart water
- 1 can chicken
- 1 large carrot, chopped
- 2 stalks celery, chopped
- 1 small onion, chopped
- 1 tsp olive oil
- 2 tsp mineral salt
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 2 1/2 Tbsp nutritional yeast
- 1 Tbsp parsley
- Pinch of cayenne pepper
- 1/2 Box of on plan pasta (use Dreamfields for S or brown rice and quinoa for XO)
- Optional: 1 healing tsp Baobab powder and 1/2 tsp THM Duo Greens.

Directions:

Over high heat in a soup pot, saute the onion, carrot, and celery with the olive oil until tender. Add the rest of the ingredients, except the pasta, to the pot.

Bring to a boil then reduce to a simmer for 10 minutes.

Bring the soup back up to a light boil and add the pasta. Cook as directed by the box, stirring occasionally.

Once the pasta is tender, the soup is ready to serve! Enjoy!