

<b>Chicken Soup</b>		
5L	45L	made 23 bags soup
1lb	6lb	Chicken (thigh, whole or breast - I used whole)
2	8	onion, diced
1/4	4	garlic, heads. minced
2	8-10	celery, stalks, chopped finely
3	16	carrot, thinly sliced
2T	1 cup	olive oil, virgin
1t	4t	turmeric, ground
1T	4T	cumin, ground
1T	4T	fine herbs: poultry seasoning, rosemary, thyme blend
4L	40L	chicken stock (I used lamb)
1/3 cup	1 cup	rice (optional)
2t	3T	sea salt
taste	taste	pepper

**\* This is low sodium. ~ Salt to your taste at home!**