

## **Awesome Chicken Soup**

- ☐ Salt & Pepper
- ☐ Olive Oil
- ☐ Onion (half, chopped)
- ☐ Celery (up to a cup, chopped)
- ☐ 2 Carrots (chopped)
- ☐ Chicken (up to 1/2 pound small cubes) optional
- ☐ 4 cups Whey and/or Water
- ☐ 3 Chicken Bouillon Cubes (I used Reduced Sodium)
- ☐ Bay Leaf
- ☐ 2-3 generous dashes Ginger Powder
- ☐ 2-3 generous dashes Curry Powder
- ☐ 2-3 handfuls of Brown Rice, Lentils, Barley, etc.
- ☐ 1/2 to 1 cup of that less-than-perfect Cream Cheese you tried to make.... Substitute Drained Yogurt or Cream Cheese

Start by pouring in just enough olive oil to almost coat the bottom of your big pot. Liberally sprinkle with salt and pepper, and heat to medium or medium-high. Throw in the chopped onions. Saute briefly, or until translucent if desired. Add celery, carrots, and chicken.

Pour in your whey and bring the total volume up to 4 cups with water. Add the 3 Chicken Bouillon Cubes and increase the heat to high to get things going. Throw in the Bay leaf and add Ginger and Curry to taste. Cover with the lid.

After the water is boiling add your grains/beans. I like to throw in a couple handfuls of red lentils and brown rice. Reduce heat to a simmer and keep covered. Cook 40 minutes to an hour (or longer if you prefer). Taste test periodically for your preference on mushiness/tenderness.

Once the soup is properly done add the cream cheese that didn't quite make the grade for bagels. Add by heavy spoonfuls and mix in thoroughly until it reaches the proper richness. Add salt and pepper to taste.

**Vegetarian Notes:** This would be fairly easy to convert to a fully vegetarian recipe. Omit the chicken of course, and substitute a seasoned vegetable soup stock based on mushrooms. If you're making your own I suggest using a combination of dried mushrooms that includes Shitake (because they're awesome).