

Detox Southwest Chicken Soup

1 1/2 pounds boneless skinless chicken breasts
1 large onion, peeled and chopped
4 cloves garlic, minced
1 tablespoon extra virgin olive oil
3 cans chopped green chilies
14.5 ounces "fire roasted" crushed tomatoes
3 quarts chicken stock
1 tablespoon ground cumin
1 teaspoon crushed red pepper
1/2 teaspoons turmeric
4 cups chopped cabbage
3 cups small broccoli florets
2 avocados, peeled and diced
Himalayan sea salt and pepper

1. Set a large 6-8 quart pot over medium heat. Add the olive oil, chopped onions, and garlic. Sauté for 5-6 minutes to soften. Then add whole raw chicken breasts, canned chilies, crushed tomatoes, chicken broth, all the spices, and 1 1/2 teaspoons sea salt.❖

2. Bring to a boil, lower the heat, and simmer for 20+ minutes, until the chicken breasts are cooked through. Then remove the chicken with tongs and set them on a cutting board to cool.

3. Add the chopped cabbage and broccoli to the pot. Continue to simmer to soften the broccoli. Meanwhile, shred the chicken breasts with two forks, and stir it back into the soup. Once the broccoli is tender, taste, then salt and pepper as needed. Serve warm with a generous amount of diced avocado on top!

Serving Size = 3 ounces of chicken

