



Healing Soup

This is the best soup if you are sick with a cold or the flu — it really helps to get you better quick!

Ingredients

5 cloves of garlic, minced or pressed

1 raw chicken breast cut into chunks or ½ pound of raw ground turkey
(can omit or substitute with any protein)

1 quart organic chicken broth

½ bag chopped frozen spinach

1 inch piece of fresh ginger, minced

1 can white beans, drained and rinsed

1 cup water

Sea Salt

Sauté chicken and garlic briefly in olive oil for 1 minute in a stock pot. Add rest of ingredients and simmer at least a ½ hour.