



Chicken/Vegetable Soup With Coconut Milk

1 chicken, cut into quarters (hormone and antibiotic free)

3 carrots, med. size

2 stalks celery

1/4 small leek

1/2 parsnip

1/2 tsp caraway seeds

1/2 tsp Italian seasoning

1/2 can coconut milk (sugar free)

1 1/2 cups cubed organic potatoes

2 veg. bouillon cubes (org., no MSG)

Salt to taste



Slice carrots, celery, leeks, parsnip and combine all ingredients into large pot, except potatoes and coconut milk. Bring to a boil, then reduce to simmer for about 30 min., add potatoes and continue cooking until potatoes are soft. Remove from stove and add coconut milk and salt to taste.

Ready to serve.

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