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## *Marjie's Chicken Soup*

### *Ingredients:*

4 – 5 quarts of water  
1 – 2 chicken carcasses with drippings (left over from a roasted chicken)  
2 – 4 chicken feet (optional)  
¼ - ½ cup of raw or unpasteurized apple cider vinegar\*  
1 stalk of kombu  
1 – 2 cups whole grain rice, quinoa, millet, beans, or lentils  
1 quart of tomatoes  
4 stalks of celery chopped  
4 – 5 carrots chopped  
1 onion chopped  
Other chopped vegetables such as zucchini, cabbage, green pepper, or fennel may be added  
2 – 3 chopped or crushed garlic cloves  
1 – 2 Tbsp chopped or grated fresh ginger  
1 Tbsp curry (may add more to taste)  
1 Tbsp poultry seasoning  
1 – 2 teas Ume plum vinegar to taste (this is salty and adds richness to the taste)  
3 tsp sea salt (may add more to taste)

### *Procedure:*

If using beans, soak them in enough water to cover and 1 tsp sea salt over night. Drain this water before adding to soup. Grains may also be soaked overnight.

Simmer 4 -5 quarts of water, chicken, chicken feet, kombu, apple cider vinegar, and 1 – 2 tsp sea salt for at least 6 hours or longer in a stock pot or a crock pot. The long you simmer the more rich and flavorful the broth. Strain the broth and allow to slightly cool. Pull the meat off of the bones and add back to the broth. Add remaining ingredients and simmer for an additional 1 – 2 hours.

Makes approximately 20 servings. Great frozen for future meals.

\*must use raw or unpasteurized vinegar, do not leave this out. This helps release the important minerals from the bones and does not affect the taste.