



Cornell Health & Nutrition Balanced Choices for Life

Recipes

Dinner: Garden Soup

Serves 4 – 6

Ingredients

- 1 3½ to 4 lb chicken (whole)
- 6 carrots, peeled
- 4 celery stalks
- 1 large yellow onion, quartered
- 2 ½ teaspoons kosher salt
- 1 teaspoon whole black peppercorns
- 2 large tomatoes, chopped
- 6 cups spinach leaves (whole baby leaves or chopped full leaves)
- 24 leaves fresh basil

Directions

1. Rinse the chicken inside and out and pat dry with paper towels. Place the chicken in a large pot.
2. Cut 3 of the carrots and 2 of the celery stalks (including leaves) into 1-inch pieces. Add the carrots, celery and onion to the pot with the salt and peppercorns. Cover everything with cold water.
3. Bring to a boil. Reduce heat and simmer, skimming any foam that rises to the top, until the chicken is cooked through – about 30 minutes.
4. Thinly slice the remaining carrots and celery and set aside.
5. Transfer the chicken to a bowl and let cool.
6. Strain the broth and discard the vegetables. Return the broth to the pot. Add the sliced carrots, celery and tomatoes and simmer until tender – about 10 minutes.
7. When the chicken is cool enough to handle, pull the meat off the bones and add it to the soup. Stir in spinach and basil and cook until the spinach wilts – about 1 minute. Ladle into bowls.

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