***Chicken Soup***

2 pounds boneless skinless chicken breasts

4 cups Pacific Organic Chicken Broth

4 cups water

½ teaspoon salt (reduce salt if using another brand of chicken broth and taste for seasoning at the end of cooking)

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1 pound Earthbound Farm organic carrots (these are reliably sweet)

3 medium turnips or potatoes

4 stalks celery

2 medium onions

4-5 cloves garlic

2 teaspoons crushed rosemary or 1 teaspoon ground

½ teaspoon ground black pepper

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Add-ins: prepared rice, quinoa or GF pasta. Use about ¼ cup dry rice or quinoa, or 2 ounces dry pasta

Rinse chicken. There’s no need to defrost if starting with frozen chicken breast.  Place in a large pot, add broth, water and salt.  Bring to a boil, reduce heat, cover and simmer for 45 minutes. As chicken is simmering, prepare and add all remaining ingredients. After 45 minutes of simmering, remove the chicken.  Allow the chicken to cool a little, cut into bite-sized pieces and return to the soup. Cook 15 more minutes. Cook rice, pasta or quinoa separately and add at the end of cooking.