Simple Chicken Soup

Ingredients

- 4 chicken breasts
- 2.5 liters of water
- 1 tbsp salt, plus more to taste
- 1-2 medium onions, thinly sliced
- 2 celery stalks, diced
- 4 garlic cloves, crushed
- 4 medium carrots, diced

Making it

1. Bring chicken, water, and 1 Tbsp salt to a boil in a large stockpot.
2. Skim foam.
3. Add onions, celery, carrots, and garlic. Reduce heat to medium-low.
4. Simmer, partially covered, for 30-45 minutes.
5. Remove chicken breast and slice or pull into strips, set aside
6. Continue to simmer partially covered for another 20 minutes
7. Stir in desired amount of chicken; reserve the rest for another use. Skim fat.
8. Season with salt (if desired) & serve.

NUTRITION FACTS
Servings: 6
PER SERVING
Calories (kcal): 618
Fat (g): 28
Carbohydrate (g): 11.5
Protein (g): 76

TIPS & HINTS
Any extra cooked chicken can be used in salads and sandwiches.