

Terian's Bone Broth Gut Healing Soup

Ingredients:

- 4-8 cups of chicken bone broth
- 1 package H-E-B shredded chicken white and dark meat
- 1 package of pre-made skewered mixed veggies (for convenience) or choose veggies of your choice
- 1 or 2 bunches of scallions
- 1 bag of spinach
- 1 parmesan cheese rind (not necessary but adds great flavor)
- ½ lemon
- Seasoning: salt/pepper/Adams all-purpose season or favorite seasoning

Directions:

1. Throw everything in the pot together with the exception of the chicken and bring to boil.
2. Season before boil
3. Turn heat to simmer for 10 - 15 minutes
4. Throw in chicken on the last couple of minutes
5. Ladle into bowls
6. Splash with a fresh squeeze of lemon, garnish with a little additional parmesan or your favorite herb
7. Enjoy!

*Pro tip: This can also be thrown over a carb of choice, noodles, quinoa, rice, etc. for a little extra nutritional value.