

GRANDMA'S NEW CHICKEN SOUP

Recipe

By Pamela M. Smith, R.D

This soup is really a broth that is an absolute PRESCRIPTION when a cold is nipping at your nose! The hot peppers, garlic, spices and chicken broth give your body's immune system the boost it needs to "just say no" to the bug. Make a lot and freeze it – it's a wonderful gift to take to sick friends in need of help!

64 ounces chicken stock (low-fat, low sodium)
1 bulb garlic (about 15 cloves), skinned and smashed
1 tablespoon peeled and minced fresh ginger
2 jalapeno peppers, seeded and sliced
5 sprigs of parsley, minced
6 sprigs cilantro, minced
1 teaspoon dried basil leaves, chopped
1 teaspoon lemon pepper
1 teaspoon curry powder
1 teaspoon Creole seasoning (I like Tony Chachere's) or 1/2 tsp. salt

1. Stir all ingredients together in a medium stock pot and let come to a simmer for 10 minutes, and then cool. Strain and refrigerate till ready to use; then heat. (Serves 8)
2. Sip on hot broth when fighting off a cold or virus; it's so very hot, and so very filled with garlic and spices – it burns out the nasty bug!

To make this into a balanced bowl of "*Fiery Chicken Noodle Soup*":

Grandma's Chicken Soup Broth Ingredients
4 ounces dried Soba noodles (or whole wheat angel hair pasta)
1 lb. chicken breast, grilled, poached or baked, then shredded
1 cup shelled edamame

1. Bring the broth ingredients to a boil; add chicken breast and edamame heat through and cook until edamame is tender, about 4 minutes.
2. Add soba noodles, and cook until heated through.

Nutritional Content of Balanced Fiery Chicken Noodle Soup: 184 calories, 11 grams carbohydrate, 3 grams fiber, 22 grams protein, 5 grams fat, 267 mg sodium

For more of Pam's favorite soup recipes, visit <http://www.pamsmith.com/catalog> to order Pam's *SOUP!* e-book.