

Foodnity Recipes

Anti-Inflammatory Gut-Healing Chicken Soup Recipe

15 min Prep time	**1 h 30 min** Cook time	**1 h 45 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 lbs bone-in chicken thighs
- [ ] 1 large onion, diced
- [ ] 4 cloves garlic, minced
- [ ] 2-inch piece of fresh ginger, sliced
- [ ] 2 carrots, chopped
- [ ] 2 celery stalks, chopped
- [ ] 1 tsp turmeric
- [ ] 1 tsp ground cumin
- [ ] 1 tbsp apple cider vinegar
- [ ] 8 cups water or chicken broth
- [ ] 2 cups kale or spinach, chopped
- [ ] Salt and pepper to taste
- [ ] 1 tbsp olive oil
- [ ] 1 lemon, juiced

Instructions

1. Heat olive oil in a large pot over medium heat. Add onions, garlic, and ginger, sautéing until fragrant, about 3 minutes.
2. Add the chicken thighs to the pot and brown lightly on both sides. Pour in the water or broth, apple cider vinegar, turmeric, and cumin. Bring to a boil, then reduce heat to low and simmer for 1 hour.
3. Remove the chicken from the pot and shred the meat, discarding the bones. Return the shredded chicken to the pot.
4. Add the carrots and celery, simmering for another 20 minutes until tender. Stir in the kale or spinach and lemon juice just before serving.

Nutrition per serving

280 kcal	30 g	12 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra richness, skim off any foam that rises to the top during the first 20 minutes of simmering.
- If you prefer a clearer broth, strain it before adding the shredded chicken back in.
- This soup tastes even better the next day as the flavors continue to develop.